Ride & Roll

拍數: 48　　　**牆數:** 4　　　**級數:** Intermediate

編舞者: Ria Vos (NL) - March 2008

音樂: Ride and Roll - Lloyd Jones : (Album : Love Gotcha)

Intro : 48 Counts

Toe-Kick-Cross (R&L), Jump Back With Kick, Recover

1	Touch R toe next to L (knee bend), swivel at the same time L heel to right
2-3	Kick R forward -swivel L heel back to center, cross R over L
4	Touch L toe next to R (knee bend), swivel at the same time R heel to left
5-6	Kick L forward –swivel R heel back to center, cross L over R
7-8	Jump back on R, at the same time kick L forward, step L down

Toe Strut Backwards x2, Swivel . Turn R

1-2	Step on R toe backwards, drop heel taking weight
3-4	Step on L toe backwards, drop heel taking weight
5	Touch R toe backwards
6-7-8	Swivel both heels . turn R, swivel back to center, swivel both heels . turn R ending weight on L

Diagonal Step R, Touch L, Side-Together-Side (moving to L diagonal), Touch R, turn R Side Step R, Touch L

1-2	Step R to R diagonal (body facing L diagonal), touch L next to R (option: clap)
3-4	Step L to L side (body still facing L diagonal), step R next to L
5-6	Step L to L side (body still facing L diagonal), touch R next to L (option: clap)
7-8	Turn . right step R to R side (body facing R diagonal), touch L next to R (option: clap)

Hip & Hip, . Turn L with Hitch, Chasse R, L Back Rock

1-2	Square up to 9:00 touch L to L side with L hip bump, bump R to R side
3-4	Bump L to L side taking weight, . turn L on L hitching R
5&6	Step R to R side, step L together, step R to R side
7-8	Rock back on L, recover on R

Turn L, . Turn L, Shuffle Backwards, & Back-Touch, Hold, & Back-Touch, Hold

1-2	Turn . L step L forward, . turn L step R backwards
3&4	Step L backwards, step R together, step L backwards
&5-6	Step R slightly backwards and to R side, touch L next to R, hold
&7-8	Step L slightly backwards and to L side, touch R next to L, hold

Side Rock, Kick x2, Ball-Cross, . turn L, . Turn L, Hold

1-2	Rock R to R side, recover on L
3-4	Kick R to L diagonal twice
&5	Step on ball of R foot next to L, cross L over R
6-7	Turn . left step back on R, turn . left step forward on L
8	Hold