

Ride or Die

Description: 32 ct. – 4 Wall Line Dance / *Level:* Intermediate / *Lead:* 32 cts. / *BPM:* 105
Choreographer: Michael Barr (USA) michaelbarr575@gmail.com / www.michaelandmichele.com
Music: Ride or Die by The Knocks (feat. Foster the People) / CD: New York Narcotic / Length 4:02
Download: iTunes or Amazon single. Download the 4:02 in length to match the BPM's above.

No Tags / No Restarts

1-8 Walk, Walk, Anchor Step – Sailor Step w/ 1/4 Turn Left, Step Fwd., 1/2 Turn Left w/Touch

1, 2 Step R forward; Step L forward
3 & 4 Step R behind L (*as you open your hips slightly to the right*); Step L in place; Step R slightly back (*square up*)
5 & 6 Step/sweep L behind R; Turning ¼ left step ball of R in place; Step L forward (9:00)
7, 8 Step R forward; Turn ½ left keeping weight on R (*end w/ bent L knee and w/ L toe touching floor*) (3:00)

Note: Make the turn “pop” on count 8.

9-16 Rock Return x 2 – Walk, Walk, Quick-Rock, Return, Cross

1 Rock forward onto L in place (rock forward dropping L heel to floor as you lift R heel off floor)
2 Return weight onto R in place (drop/return R heel to floor lift as you lift L heel off floor)

Attitude: turn head to look ¼ right on count 2. Be cool, everyone is watching ☺

3, 4 Repeat counts 1, 2

Attitude: turn head to look ¼ right on count 4. Be cool, everyone is still watching ☺

***Rub your stomach in a counterclockwise direction and stick your tongue out – who said line dancing wasn't fun! Just kidding!**

5, 6 Walk L forward; Walk R forward

&7, 8 (&) Quick side rock left onto L; Return weight to R stepping slightly back; Cross L over R (prep turn) (3:00)

17-24 Turn 1/4 L, 1/2 L, 1/4 L, Cross, Side – Behind, Side, Touch, Quick Step, Walk, Walk

1 - 2 Turn ¼ left stepping back on R; Turn ½ left stepping forward on L

3 & 4 Turn ¼ left, step R side right; Cross L in front of R; Step R side right (open hips slightly to left and breathe ☺)

5&6& Step L behind R; Step R side R; Touch L next to R; Step onto ball of L next to R

7, 8 Step R forward to left diagonal (1:30); Step L forward to left diagonal (1:30)

25-32 Quick Rock, Return w/ Modified Syncopated Weave w/ Heel & Cross – Spiral 3/4 Turn

&1 (&) Quick side rock right onto R (square up to 12:00); Return weight onto L (open hips slightly to the left)

Note: Breathe here before the syncopated weave..... ☺

2 & 3 Cross R over L; Step L side left; Step R behind L

&4 Step L side left; Cross R over L

&5 Step L side left; Touch R heel to right diagonal

&6 Step slightly back on ball of R; Cross L over R

7, 8 Step ball of R next to L; Rotate ¾ left on ball of R stepping forward on your L (3:00)

Easier Alternative for 7,8: Turn ¼ left stepping R back (9:00); Turn ½ left stepping L forward (3:00)

Begin Again and Enjoy

Ending: Dance ends on the front wall. As you come out of your last turn just take one more step forward onto your Right. Ta Da!!!