Run For Life (zh)

Count: 32 **Wand:** 4 **Ebene:** Improver
Choreograf/in: Pam Pelser (SA) & Alan Haywood (UK) - 2011年01月
Musik: I Run for Life - Melissa Etheridge : (CD: The Road Less Travelled)

前奏： Intro 8 counts – start on vocals

第一段 R Side, L Next To R, R Side, Rock And Cross & L Side, R Next To L, L Side Rock And Cross

1-2 Step right to side, step left next to right
右足右踏, 左足併踏

3&4 Rock right to right side, step left next to right, cross step right over left (diagonally left)
右足右下沉, 左足併踏, 右足於左足前交叉踏(面向左斜角)

5-6 Step left to left side, step right next to left
左足左踏, 右足併踏

7&8 Rock Left to left side, Step right next to left, cross step left over right (diagonally right) 1 o'clock
左足左下沉, 右足併踏, 左足於右足前交叉踏(面向右斜角)面向1點鐘

RESTART:END of walls 3 and 7 (BOTH 3 o'clock), do the first 8 counts then restart
第三面牆及第七面牆(都面向3點鐘)跳至此, 從頭起跳

TAG: At the END of wall 8, facing 12 o'clock, repeat the first 8 counts, then add following 4 counts, 'step right to right side, touch left, step left to left side, touch right'
第八面牆面向12點鐘, 加跳右足右踏, 左足併點, 左足左踏, 右足併點後, 從頭起跳

第二段 Rock Forward R, Recover L, Run Back R L R (Making ¼ L), Rock Back L, Recover R, Run Forward L R L

1-2 Rock forward on right (right diagonal 1 o'clock), recover back onto left 右足前下沉(面向1點鐘), 左足後回復

3&4 Run back right left right making a ¼ turn left (diagonally 11 o'clock) 後跑步-右, 左, 右, 並左轉90度(面向11點鐘)

5-6 Rock back onto left, recover onto right
左足後下沉, 右足回復

7&8 Run forward left right left squaring up to 12 o'clock
前跑步-左, 右, 左(右轉正回12點鐘)

第三段 Cross Rock, Right Over, Recover L, ½ Turn R Sailor Step, L Forward Mambo, R Coaster Step

1-2 Cross rock right over left, recover weight back onto Left,
右足於左足前交叉下沉, 左足回復

3&4 Sweep right from front to back with a ½ turn right stepping right behind left, step left to left side, step right forward. 6 o'clock 右轉180度右足繞至左足後踏, 左足左踏, 右足前踏(面向6點鐘)

5&6 Rock forward onto left, recover weight back onto right, step left next to right 左足前下沉, 右足回復, 左足併踏

7&8 Step back on right, step left beside right, step forward on right.
右足後踏, 左足併踏, 右足前踏

第四段 Rock Forward L, Recover R, Triple ½ L, ¼ L, Touch L, L Side Rock And Cross

1-2 Rock forward onto left, recover back onto right,
左足前下沉, 右足回復

3&4 Triple ½ turn left stepping left right left 12 o'clock
三步左轉180度-左, 右, 左(面向12點鐘)

5-6 Turn a ¼ left stepping on right a big step to right side, touch left next to right 9 o'clock
左轉90度右足右大步, 左足併點(面向9點鐘)

7&8 Rock left to left side, Step right next to left, cross step left over right 左足左下沉, 右足併踏, 左足於右足前交叉踏