Runner



Compte: 48 Mur: 1 Niveau: Low Intermediate

Chorégraphe: Flavio Pallaro (IT) - 2023

Musique: Something's Gonna Kill Me - Corey Kent



Start dancing on lyrics

WEAVE RIGHT, SCISSORS STEP, WEAVE RIGHT, SCISSORS STEP

&1&2 Step right to right, cross left behind, step right to right, cross left over.

3&4 Step right to right, step left together, cross right over.

&5&6 Step left to left, cross right behind, step left to left, cross right over.

7&8 Step left to left, step right together, cross left over.

MAMBO STEP FORWAR AND BACK, SWIVET RIGHT AND LEFT, SWIVEL FULL TURN, STOMP UP, STOMP

Step right forward, recover on left, step right together.Step left back, recover on right, step left together.

Right heel to the right (weight on toe), right heel on centre.

Left heel to the left (weight on toe), left heel on centre.

Weight on right hell and left toe, full turn right

&8 Twice stomp left

KICK BALL CROSS, LONG STEP, KICK BALL CROSS, LONG STEP

1&2 Kick right forward, right next left, cross left over.3-4 Long step right to right, slide left and touch.

5&6 Kick left diagonal / forward, left next right, cross right over.

7-8 Long step left to left, slide right and touch.

SWITCH HELL / TOE, MONTEREY TURN, SWITCH HELL FORWARD

1-2-3& Right heel forward, touch toe right back, touch toe right to side, right next left.

4& Touch left to left, left next right with weight.

Touch right to side, turn ½ right and right next left with weight, touch left to left, left next right.

7&8& Right heel forward, right together left, left heel forward, left together right.

FULL TURN RIGHT IN DIAGONAL, ROCK STEP FORWARD, CHASSE

1-3 Step right diagonal forward, full turn right (left, right).&4 Step left behind right, step right diagonal forward.

5-6 Rock step left diagonal forward.7&8 Left chasse (left, right, left) (6.00).

*Only second wall, restart

FULL TURN LEFT, CROSS SHUFFLE, ROCK SIDE, BEHIND, CROSS

1-2 Full turn right (right, left) (6.00).

Left cross shuffle (cross right over left, left side, cross right over left).

5-6 Rock side left (weight on right)

*Only first wall > 5-6 Step left side, touch toe right together, and restart.

7&8 Step left behind, right side, cross left over right

Last Update - 27 Mar. 2024-R1