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| East Coast Run |  |

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| **拍数:** | 64 | **墙数:** | 2 | **级数:** | Intermediate | . |
| **编舞者:** | Doc Rosser (UK) & Debz Rosser (UK) - June 2017 | | | | |
| **音乐:** | East Coast Run - The Diablos : (Album: The Very Best of The Diablos) | | | | |
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**#32 count intro**

**[1-8] Right point, touch, heel, hook heel, hook, stomp, Left point, touch, heel, hook, heel, hook, stomp**

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| --- | --- |
| 1&2& | Point right toe to right side, touch right toe next to left, touch right heel, forward, hook right heel in front of left |

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| --- | --- |
| 3&4 | Touch right heel forward, hook right heel in front of left, stomp right foot forward |

|  |  |
| --- | --- |
| 5&6& | Point left toe to left side, touch left toe next to right, touch left heel forward, hook left heel in front of right |

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| --- | --- |
| 7&8 | Touch left heel forward, hook left heel in front of right, stomp left foot forward |

**[9-16] Right shuffle, left shuffle, rock, recover, shuffle ½ turn (right)**

|  |  |
| --- | --- |
| 1&2 | Step forward right, close left next to right, step forward right |

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| --- | --- |
| 3&4 | Step forward left, close right next to left, step forward left |

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| --- | --- |
| 5,6 | Rock forwards on right, recover on left |

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| 7&8 | Step right foot forwards (turning ½ turn to right), close left next to right, step right forwards |

**[17-24] Left point, touch, heel, hook heel, hook, stomp, Right point, touch, heel, hook, heel, hook, stomp**

|  |  |
| --- | --- |
| 1&2& | Point left toe to left side, touch left toe next to right, touch left heel forward, hook left heel in front of right |

|  |  |
| --- | --- |
| 3&4 | Touch left heel forward, hook left heel in front of right, stomp left foot forward |

|  |  |
| --- | --- |
| 5&6& | Point right toe to right side, touch right toe next to left, touch right heel forward, hook right heel in front of left |

|  |  |
| --- | --- |
| 7&8 | Touch right heel forward, hook right heel in front of left, stomp right foot forward |

**[25-32] Left shuffle, right shuffle, rock, recover, ¼ left shuffle**

|  |  |
| --- | --- |
| 1&2 | Step forward left, close right next to left, step forward left (bridge here on walls 3&4) |

|  |  |
| --- | --- |
| 3&4 | Step forward right, close left next to right, step forward right |

|  |  |
| --- | --- |
| 5,6 | Rock forwards on left, recover on right |

|  |  |
| --- | --- |
| 7&8 | Step left foot to left side (turning ¼ turn to left), close right next to left, step left foot to left side |

**[33-40] Right cross shuffle, back left shuffle, ¼ turn right shuffle, left mambo ½ turn**

|  |  |
| --- | --- |
| 1&2 | Cross right foot in front of left, bring left beside right, cross right in front of left |

|  |  |
| --- | --- |
| 3&4 | Step back on left foot, close right beside left, step back on left foot |

|  |  |
| --- | --- |
| 5&6 | Step right forwards (turning ¼ turn to right), close left next to right, step forwards right |

|  |  |
| --- | --- |
| 7&8 | Rock forwards left, recover right, step forward on left (turning ½ to left) |

**[41-48] Right heel jack, left heel jack, right rock, recover, triple full turn**

|  |  |
| --- | --- |
| 1&2& | Cross right over left, step left to left side, touch right heel forwards, step right next to left |

|  |  |
| --- | --- |
| 3&4& | Cross left over right, step right to right side, touch left heel forwards, step left next to right |

|  |  |
| --- | --- |
| 5,6 | Rock forwards on right, recover on left |

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| --- | --- |
| 7&8 | Step right forwards (making ½ turn to right), step left to left side (making ¼ turn right), step right forward (making ¼ turn right) |

**[49-56] Left toe, heel stomp, right toe heel, stomp, kick, right coaster step, left mambo ½ turn**

|  |  |
| --- | --- |
| 1&2& | Touch left toe beside right, scuff left heel, stomp left foot forward, touch right toe beside left, |

|  |  |
| --- | --- |
| 3&4 | Scuff right heel, stomp right foot forward, kick right |

|  |  |
| --- | --- |
| 5&6 | Step back on right, step back on left, step forward right |

|  |  |
| --- | --- |
| 7&8 | rock forward on left, recover onto right, step forward on left (making ½ turn to left) |

**[57-64] Right toe, heel stomp, left toe heel, stomp, kick, left coaster step, run right, left, right, left**

|  |  |
| --- | --- |
| 1&2& | Touch right toe beside left, scuff right heel, stomp right foot forward, touch left toe beside right, |

|  |  |
| --- | --- |
| 3&4 | Scuff left heel, stomp right forward, kick left |

|  |  |
| --- | --- |
| 5&6 | Step back left, step back right, step forward left |

|  |  |
| --- | --- |
| 7&8& | Run forward right, left, right, left |

**Bridge (on walls 3 & 4)**

**Replace counts 27 - 32 (after left shuffle) with:**

|  |  |
| --- | --- |
| 1,2 | step forward on right foot, ¼ pivot turn to left |

**Then continue dance from count 33 (right cross shuffle)**

**End: At end of final wall (wall 5), replace runs with “step right forward, ½ pivot turn to left”**

**(This will bring you back to 12 o’clock wall)**

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