

Running

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Novice
编舞者: Christiane FAVILLIER (FR) - June 2015
音乐: Whenever I Run - Keith Urban : (Album: Golden Road)



Music Intro - 16 counts

(1-8) -WALKS, KICK BALL CHANGE, STEP SIDE, BEHIND, QUATER TURN TRIPLE STEP FWARD

- 1 2 Walk R & L
- 3 & 4 Kick R leg forward, step D on the plant, plant stand LF
- 5 6 Step right to right, cross left behind right
- 7 & 8 & Rotate 1/4 turn to the right by advancing right, step left next to right, advancing RF

RESTART 2: After the first 8 days of the 9th wall you are 6:00 you will make the 2nd restart the 9:00 wall !! (remembering to add the PG & ie back next to right in order to leave the RF)

(9-16) -half STEP TURN, TRIPLE STEP FWARD, CROSS-POINT, BEHIND SIDE CROSS

- 1 2 forward left, pivot 1/2 turn right (9:00)
- 3 & 4 Step forward left, step right behind left, move left
- 5 6 Cross right over left, point left to left
- 7 & 8 Cross left behind right, step right, cross left over right

***RESTART 1: On the 4th wall you are at 9:00 to the first 16 time, you get to 6H, HERE resumption of dance at the beginning !!**

(17-24) -Rock SIDE, COASTER STEP, SWAYS (TWICE)

- 1 2 Step right to right (with PDC) and recover to left
- 3 & 4 of Rotate 1/4 turn to D (12:00) stepping back right, step left next to right, advancing RF
- 5 6 7 8 On site: posing left to left and sway hips G then D, then G and D

(25-32) -triple FWARD STEP, FULL TURN, STEP L FWARD QUATER & R, L BEHIND SIDE CROSS

- & 1 & 2 on the back left next to right (weight on L) moving right forward, step left next to right, advanced RF
- 3 4 Rotate to 1/2 turn right, step left behind, and still 1/2 turn right, step right forward

The dance ends naturally on the 12:00 wall !! after falling left, pivot from one quarter turn left and point right next to left

- 5 6 forward left, pivot from one quarter to turn right (3:00)
- 7 & 8 Cross left behind right, step right to right, cross left over right 5 (3:00)

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