

Love Runs

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Amy Glass (USA) & Darren Bailey (UK) - February 2016
音乐: Love Runs - Tim McGraw : (iTunes, amazon)



#16 Count Intro. Dance starts on the lyrics.

Two Restarts (wall 3 after 8 counts facing 12:00 & wall 7 after 16 counts facing 6:00)

[1-8] □ Side Rock, Cross Shuffle, Hinge 1/2 Right, Cross Shuffle

- 1-2 Rock RF to R, Recover weight on LF
- 3&4 Cross RF over LF, Step LF to L, Cross RF over LF
- 5-6 Turn 1/4 R Stepping back on LF, Turn 1/4 R Stepping RF to R (6:00)
- 7&8 Cross LF over RF, Step RF to R, Cross LF over RF (6:00)

(Restart here on wall 3)

[9-16] □ Heel Grind with 1/4 R, R Sailor, Weave R

- 1-2 Cross R heel over LF (R toes facing inwards), turn 1/4 R stepping LF to L (toes naturally
□ rotate outwards) (9:00)
- 3&4 Step RF behind LF, Step LF to L, Step RF to R
- 5-6 Cross LF over RF, Step RF to R
- 7&8 Step LF behind RF, Step RF to R, Cross LF over RF

(Restart here on wall 7)

[17-24] □ Kick Ball Cross x2, Sway R, L, R, L

- 1&2 Kick RF to R diagonal, step on ball of RF, Cross LF over RF, moving slightly to R
- 3&4 Kick RF to R diagonal, step on ball of RF, Cross LF over RF, moving slightly to R
- 5-6 Step RF to R while swaying to the R, Sway L
- 7-8 Sway R, Sway L

[25-32] □ R Sailor, L Sailor with 1/4 L, R Sailor, Point Back Turning 1/2 L

- 1&2 Cross RF behind LF, Step LF to L, Step RF to R
- 3&4 Cross LF behind RF, Turn 1/4 L while stepping RF to R, Step LF to L (6:00)
- 5&6 Cross RF behind LF, Step LF to L, Step RF to R
- 7-8 Point L toe back, Turn 1/2 L weighting LF (12:00)

[33-40] □ Triple Step Box (Turning 3/4 L)

- 1&2 Step RF to R, Close LF next to RF, Step RF to R
- 3&4 Turn 1/4 L stepping LF to L, Close RF next to L, Step LF to L (9:00)
- 5&6 Turn 1/4 L stepping RF to R, Close LF next to R, Step RF to R (6:00)
- 7&8 Turn 1/4 L stepping LF to L, Close RF next to L, Step LF to L (3:00)

[41-48] □ Cross, Side, Sailor, Step Drag, Ball-Step, Scuff-Hitch

- 1-2 Cross RF over L, Step LF to L
- 3&4 Step RF behind LF, Step LF to L, Step RF to R (body will finish naturally facing diagonal
(4:30)
- 5-6 Step LF forward and to diagonal, Drag RF next to LF
- &7 Step on ball of RF, Step LF forward (3:00)
- 8 Scuff RF finishing with R knee hitched

[49-56] □ Rock, Recover, Half R, Half R, Kick, Kick, Touch, Heel

- 1-2 Rock forward on RF, Recover weight back on LF
- 3-4 Turn 1/2 R stepping forward R (9:00), Turn 1/2 R stepping back L (3:00)
- 5&6& Kick RF forward, Step RF next to LF, Kick LF forward, Step LF next to RF

7&8& Touch R toe behind LF, Step RF next to LF, Touch L heel forward, Step LF next to RF

[57-64] □ Vine R with 1/4 R, Step Pivot 1/2, 1/4 Turn Step Sweep, Cross Shuffle

1-2-3 Step RF to R, Step LF behind R, Turn 1/4 R (6:00)

4-5 Step forward L, Pivot 1/2 R ending with weight on RF (12:00)

6 Turn 1/4 R while sweeping LF from back to front (3:00)

****Think of counts 4-6 as one fluid motion to make it easier to dance****

7&8 Cross LF over RF, Step RF to R, Cross LF over RF

Restart 1: Happens after dancing 8 counts of wall 3 (start the dance facing 6:00, restart facing 12:00)

Restart 2: Happens after dancing 16 counts of wall 7 (start the dance facing 9:00, restart facing 6:00)

Contact: amyleeanne@gmail.com & dazzadance@hotmail.com
