

Run Me Like A River

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Lower Advanced
编舞者: Jo Kinser (UK), John Kinser (UK), Guillaume Richard (FR), Roy Verdonk (NL) & Jef Camps (BEL) - March 2017
音乐: River - Bishop Briggs



(Music available on iTunes - 3:35 min - 62 BPM)

Intro: 16 counts

S1: □SIDE, RECOVER, REVERSE FULL TURN, SIDE, BEHIND-SIDE-CROSS, SWEEP, CROSS, SIDE, DIAG. BACK, HITCH, BACK, TOUCH, ½ REVERSE PIVOT INTO BODYROLL

- 1 RF step side (L toe is up) & lean R while angling body ¼ turn L (push your R hand fwd to 9:00 - chest level)
- 2&3 Recover on LF (straighten up to 12:00), ½ turn R & RF close next to LF, ½ turn R & LF step side
- 4&5 RF cross behind LF, LF step side, RF cross over LF (sweep LF fwd)
- 6&7& LF cross over RF, RF step side, 1/8 turn L & LF step back, hitch R
- 8&1 RF step back, LF touch back, make ½ turn L (weight L) & start a bodyroll backwards (facing diagonal)

Restart wall 3 (12:00)

S2: □FINISH BODYROLL, RUNS BACK INTO ROCK BACK/RECOVER, FULL TURN, SWEEP, MODIFIED JAZZ BOX INTO SYNCOPATED WEAVE

- 2&3 Finish bodyroll backwards and start running back on R-L-R (still facing the diagonal, lean back on RF)
- 4&5 Recover on LF, ½ turn L & RF step back, ½ turn L & LF step fwd (sweep RF fwd - straighten up to 6:00)
- 6&7 RF cross over LF, LF step back, RF step side
- 8&8 LF cross over RF, RF step side, LF cross behind RF

S3: □SIDE (RISE), CHASSE WITH KICK, COASTER STEP WITH HITCH, BOOGIE WALKS, HITCH, RUN BACK

- 1 RF big step side (rise while you reach out your RH diagonally up - lift L leg a bit)
- 2&3 LF step side, RF close next to LF, LF side while turning 1/8 L & kick RF fwd
- 4&5 RF step back, LF close next to RF, RF step fwd while hitching L (facing the diagonal)
- 6&7 LF step fwd, RF step fwd, LF step fwd while hitching R (styling: boogie walks - facing the diagonal)
- 8& RF step back, LF step back (still facing the diagonal)

S4: □ROCK BACK, RECOVER, FULL TURN FWD, 1/8 SWEEP, CROSS, ¼ BACK, ¼ SIDE, ARM MOVEMENTS, SIDE, DRAG, RUN FWD

- 1-2 RF rock back, recover on LF (facing the diagonal)
- 8&3 ½ turn L & RF step back, ½ turn L & LF step fwd while sweeping RF fwd turning 1/8 turn L on LF
- 4&5 RF cross over LF, ¼ turn R & LF step back, ¼ turn R & RF big step side
- 6& Bring RH to your lips, bring LH to your lips (keeping elbows up and to the side)
- 7 LF big step side while dragging R towards L (drop hands)
- 8& RF walk forward, LF walk forward (& start moving your R-arm like a wave into the push on count 1)

Have fun!

Restart: in wall 3 you dance up to count 9, and this will be count 1 of your new wall facing 12:00,

So add your arm movement and lean on count 9 to start wall 4 facing the front, so don't start a bodyroll.

Tag/Restart: after wall 6, you'll be facing 3:00, do the first 2 counts of the dance as a little Tag/Restart before starting the 7th wall to 3:00.

Contacts:-

Jo Kinser (UK) - JoKinser@me.com

John Kinser (UK) - JohnKinser@me.com

Guillaume Richard (FR) - Cowboy_GS@hotmail.fr

Roy Verdonk (NL) - RoyVerdonkDancers@gmail.com

Jef Camps (BE) - Info@littlejeff.be
