

Runaway Heart

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Easy Intermediate waltz
编舞者: Travis Taylor (AUS) - January 2019
音乐: Change Your Name - Brett Young : (Album: Ticket To L.A.)



INTRO: 36 Counts from the first heavy beat

CROSS TWINKLE - CROSS SWEEP - CROSS ¼ L WALTZ - WALTZ BACK

1-3 Cross L over R, Rock R to R side, Replace weight on L
4-6 Cross R over L sweeping L around for 2 Counts
1-3 Cross L over R, 1/4 L Step R back, Step L back
4-6 Step R back, Step L together, Step R slightly fwd

STEP/SWEEP - STEP/SWEEP - CROSS TWINKLE – CROSS – SIDE - BEHIND

1-3 Step L fwd whilst sweeping R around for 2 Counts
4-6 Step R fwd whilst sweeping L around for 2 Counts
1-3 Cross L over R, Rock R to R side, Replace weight on L
4-6 Cross R over L, Step L to L side, Step R behind L

SIDE/Drag - SIDE/Drag - 1/4 L BASIC WALTZ - WALTZ BACK

1-3 Step L to L side dragging R towards L for 2 Counts
4-6 Step R to R side dragging L towards R for 2 Counts
1-3 Step L fwd, 1/4 L Step R slightly together, Step L in place
4-6 Step R back, Step L together, Step R in place

RESTART HERE WALLS 1, 3, 6, 9

STEP/POINT HOLD – BACK LOCK BACK – COASTER WALTZ – FWD SWEEP

1-3 Step fwd on L pointing R to R side, hold for Counts 2-3
4-6 Step R back, Lock L over R, Step R back
1-3 Step back L, Step R together, Step L fwd
4-6 Step R fwd sweeping L around for 2 Counts

TAG AT THE END OF WALL 4

CROSS TWINKLE, CROSS 1/2 R, CROSS POINT/HOLD, BACK POINT/HOLD

1-3 Cross L over R, Rock R to R side, Replace weight on L
4-6 Cross R over L, 1/4 R Step L back, 1/4 R Step R to R side
1-3 Cross L over R pointing R to R side, Hold for Counts 2-3
4-6 Step R back pointing L to L side, Hold for Counts 5-6

There are 4 Restarts in this dance, however they are all phrased at 36 Counts on Walls 1, 3, 6 & 9 - Don't let this put you off, you will hear it in the musicality once you become familiar with the song.