

# Runtah 23

拍数: 84                      墙数: 1                      级数: Phrased Improver  
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音乐: Runtah - Azmy Z



Intro : 36 counts  
Seq : AA BBBB AA BBBB

## PART A – 52 count

### Sect 1 : SIDE , CROSS OVER , SIDE, TOUCH W/ HIP BUMP

1 – 4                      R to side – L cross over – R to side – L touch  
5 – 8                      Step on L – R touch – step on R – L touch

### Sect 2 : SIDE , CROSS OVER , SIDE, TOUCH W/ HIP BUMP

1 – 4                      L to side – R cross over – L to side – R touch  
5 – 8                      Step on R – L touch – step on L – R touch

### Sect 3 : JAZZ BOX

1 – 4                      R cross over L – L back – R to side – L fwd

### Sect 4 : CROSS ROCK, RECOVER , SIDE CHASSE

1 – 2                      R cross over L – recv on L  
3 & 4                      Right chasse on R-L-R  
5 – 6                      L cross over R – recv on R  
7 & 8                      Left chasse on L-R-L

### Sect 5 : CROSS FWD, SIDE TOUCH, CROSS BACK, SIDE TOUCH

1 – 2                      R cross over L – L touch to side  
3 – 4                      L cross over R – R touch to side  
5 – 6                      R behind L – L touch to side  
7 – 8                      L behind R – R touch to side

### Sect 6 : TURN ¼ RIGHT, TOUCH , TURN ½ LEFT, TOUCH

1 – 2                      R fwd – close L beside R  
3 – 4                      ¼ right R to side – L touch beside R (3.00)  
5 – 6                      ¼ left L fwd – close R beside L  
7 – 8                      ¼ left L to side – R touch beside L (9.00)

### Sect 7 : TURN ¾ LEFT SIDE ROCK STEP W/HIP ROLL

1 – 2                      R to side – recv on L  
3 – 4                      ¼ left R to side – recv on L (6.00)  
5 – 6                      ¼ left R to side – recv on L (3.00)  
7 – 8                      ¼ left R to side – recv on L (12.00)

## PART B – 32 count

### Sect 1 : SIDE TOGETHER, SIDE CHASSE, JAZZ BOX

1 – 2                      R to side – close L beside R  
3 & 4                      Chasse to right on R-L-R  
5 – 6                      L cross over R – R back – L to side – R cross over L

### Sect 2 : SIDE TOGETHER, SIDE CHASSE , JAZZ BOX

1 – 2                      L to side – close R beside L  
3 & 4                      Chasse to left on L-R-L

5 – 8 R cross over L – L back – R to side – L cross over R

**Sect 3 : TOE STRUT , ½ TURN LEFT, WALK FWD**

1 – 4 R toe fwd – drop R heel – L toe fwd – drop L heel

5 – 8 R fwd - ½ left – R fwd – L fwd (6.00)

**Sect 4 : TOE STRUT , ½ TURN LEFT, WALK FWD**

1 – 4 R toe fwd – drop R heel – L toe fwd – drop L heel

5 – 8 R fwd - ½ left – R fwd – L fwd (12.00)

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