

Places To Run

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Tina Argyle (UK) - August 2023
音乐: Places to Run - Jake Owen : (iTunes)



#32 Count Intro from main beat start on the word 'life' – approx.. 23 seconds into the track

Walk Back R , L. Sailor Step x 2. Touch Back ½ Turn

- 1-2 Step back R, step back L (start sweeping R clockwise)
- 3&4 Cross R behind L, Step L to left side, Step R in place
- 5&6 Cross L behind R, Step R to right side, Step L in place
- 7- 8 Touch R toe back, make ½ turn right onto R (6 o'clock)

Rock ¼ Turn, Cross Shuffle. Side Rock, Recover, Cross Shuffle

- 1-2 Make ¼ turn right rocking L to left side, recover weight onto R (9 o'clock)
- 3&4 Cross L over R, step R to right side, cross L over R
- 5- 6 Rock R to right side, recover weight onto L
- 7&8 Cross R over L, step L to left side, cross R over L

Vine ¼ Turn, ½ Pivot Turn ¼ Turn Vine ¼ Turn (Modified Figure of 8)

- 1-3 Step L to left side, cross R behind L, make ¼ turn left stepping fwd. L (6 o'clock)
- 4- 5 Step forward R, make ½ pivot turn left onto L (12 o'clock)
- 6- 7 Make ¼ turn left stepping R to right side, cross L behind R (9 o'clock)
- 8 Make ¼ turn right stepping forward R (12 o'clock)

Rock Fwd, Recover, ½ Shuffle Turn. ¼ Chasse, Coaster Step with Knee Lift

- 1- 2 Rock forward L, recover weight onto R
- 3&4 Make ½ shuffle turn left stepping LRL (6 o'clock)
- 5&6 Make ¼ turn left stepping R to right side, close L at side of R, step R to right side
- 7&8 Step back L, step back R at side of L, step forward L lifting R knee low & forward at the same time (3 o'clock)