

Running Back (To Your Heart)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - October 2023
音乐: Back To Your Heart - Delta Goodrem : (Amazon, iTunes, YouTube Music)



Tags: None Restarts: One (During Wall 7)

Start: On Na-na-na-na-na's (Before Main Lyrics) Seconds: 10 Counts: 16 BPM: 104
Note: Dance Starts Facing 10:30

STEP BACK, ROCK BACK, RECOVER, LOCK STEP, CROSS, SIDE, BEHIND, STEP, HEEL

- 1-2-3 Step Diagonally Back On Right, Rock Back On Left, Recover On Right (10:30)
- 4&5 On Diagonal Step Forward On Left, Lock Right Behind Left, Step Forward On Left
- 6-7 Cross Right Over Left, Step Left To Left (Straightening To 12:00)
- 8&1 Cross Right Behind Left, Step Left To Left, Extend Right Heel To Right (1:30)

HOLD, BALL HEEL, HOLD, STEP, CROSS ROCK, RECOVER, FULL TRIPLE TURN

- 2 Hold
- &3-4 Transfer Weight To Ball Right Foot Stepping Left Behind Right, Extend Right Heel To Right, Hold
- &5-6 Step Right By Left, Cross Rock Left Over Right, Recover On Right
- 7&8 Make A Full Triple Turn Left Stepping Left, Right, Left (Straightening To 12:00)

Restart/Ending: During Wall 7 Repeat Counts 1-16 To Finish Facing 12:00

CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ STEP

- 1-2 Cross Right Over Left, Step Left To Left
- 3&4 Step Right Behind Left, Step Left To Left, Cross Right Over Left
- 5-6 Rock Left To Left, Recover On Right
- 7&8 Cross Left Behind Right, Make ¼ Turn Right Stepping Forward On Right, Step Forward On Left (03:00)

STEP, LOCK, STEP, ROCK, RECOVER, ½ TURN, ¼ TURN, BEHIND, SIDE, CROSS

- 1-2 Step Forward On Right, Lock Left Behind Right
- &3-4 Step Forward On Right, Rock Forward On Left, Recover On Right
- 5-6 Make ½ Turn Left Stepping Forward On Left, Make ¼ Turn Left, Stepping Right To Right (06:00)
- 7&8 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

SIDE, TOGETHER, BACK, SIDE, TOGETHER, ¼ STEP, ¼ PADDLE TURNS X 3, HOLD

- 1&2 Step Right To Right, Step Left By Right, Step Back On Right
- 3&4 Step Left To Left, Step Right By Left, Make ¼ Turn Left Stepping Forward On Left (03:00)
- 5-6 Make ¼ Turn Left Touching Right To Right, Make ¼ Turn Left Touching Right To Right (9:00)
- 7-8 Make ¼ Turn Left Touching Right To Right, Hold (6:00)

CROSS SAMBA X 2, JAZZ BOX, CROSS

- 1&2 Cross Right Over Left, Step Left To Left, Step Right In Place
- 3&4 Cross Left Over Right, Step Right To Right, Step Left In Place
- 5-6 Cross Right Over Left, Step Back On Left (Angling Body To Left Diagonal) (4:30)
- 7-8 Step Right To Right, Cross Left Over Right

START AGAIN

Last Update: 14 Oct 2023

