

Runner

拍数: 48 墙数: 1 级数: Low Intermediate
编舞者: Flavio Pallaro (IT) - 2023
音乐: Something's Gonna Kill Me - Corey Kent



Start dancing on lyrics

WEAVE RIGHT, SCISSORS STEP, WEAVE RIGHT, SCISSORS STEP

&1&2 Step right to right, cross left behind, step right to right, cross left over.
3&4 Step right to right, step left together, cross right over.
&5&6 Step left to left, cross right behind, step left to left, cross right over.
7&8 Step left to left, step right together, cross left over.

MAMBO STEP FORWARD AND BACK, SWIVET RIGHT AND LEFT, SWIVEL FULL TURN, STOMP UP, STOMP

1&2 Step right forward, recover on left, step right together.
3&4 Step left back, recover on right, step left together.
&5 Right heel to the right (weight on toe), right heel on centre.
&6 Left heel to the left (weight on toe), left heel on centre.
7 Weight on right hell and left toe, full turn right
&8 Twice stomp left

KICK BALL CROSS, LONG STEP, KICK BALL CROSS, LONG STEP

1&2 Kick right forward, right next left, cross left over.
3-4 Long step right to right, slide left and touch.
5&6 Kick left diagonal / forward, left next right, cross right over.
7-8 Long step left to left, slide right and touch.

SWITCH HELL / TOE, MONTEREY TURN, SWITCH HELL FORWARD

1-2-3& Right heel forward, touch toe right back, touch toe right to side, right next left.
4& Touch left to left, left next right with weight.
5&6& Touch right to side, turn ½ right and right next left with weight, touch left to left, left next right.
7&8& Right heel forward, right together left, left heel forward, left together right.

FULL TURN RIGHT IN DIAGONAL, ROCK STEP FORWARD, CHASSE

1-3 Step right diagonal forward, full turn right (left, right).
&4 Step left behind right, step right diagonal forward.
5-6 Rock step left diagonal forward.
7&8 Left chasse (left, right, left) (6.00).

***Only second wall, restart**

FULL TURN LEFT, CROSS SHUFFLE, ROCK SIDE, BEHIND, CROSS

1-2 Full turn right (right, left) (6.00).
3&4 Left cross shuffle (cross right over left, left side, cross right over left).
5-6 Rock side left (weight on right)

***Only first wall > 5-6 Step left side, touch toe right together, and restart.**

7&8 Step left behind, right side, cross left over right

Last Update - 27 Mar. 2024-R1