## Running in a Slow Dream

拍数： 64
壇数： 2
级数：Easy Intermediate
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音乐：Wild Dogs（Running in a Slow Dream）－Matchbox Twenty

INTRO： 8 COUNTS，APPROX 3 SECONDS

## STEP TAP，BACK KICK，COASTER STEP，SCUFF，

1－2 Step forward on right foot，tap left foot behind right，
3－4 Step back on left foot，kick right foot forward，
5－6 Step back on right foot，close left foot next to right，
7－8 Step forward on right，scuff left next to right．

## ROCKING CHAIR，STEP ¼ CROSS．

1－2 Rock forward on left，recover on to right，
3－4 Rock back on left，recover on to right，
5－6 Step forward on left，turn $1 / 4$ right transferring weight to right，
7－8 Cross left over right，hold for one count．

## RUMBA BOX WITH ¼ TURN．

1－2 Step side on right，close left foot next to right，
3－4 Step back on right turning 1／8 left，hold for one count，
5－6 Step side on left，close right foot next to left，
7－8 Step forward on left turning 1／8 left，hold for one count．

RUMBA BOX WITH ¼ TURN．
1－8 Repeat section 3.
SIDE ROCK CROSS，GRAPEVINE $1 / 4$.
1－2 Rock side on right，recover on to left，
3－4 Cross right over left，hold for one count，
5－6 Step side on left，cross right behind left，
7－8 Turn $1 / 4$ left stepping forward on left，hold for one count．

## STEP PIVOT ½ STEP，FULL TURN STEP．

1－2 Step forward on right，pivot $1 / 2$ turn left transferring weight to left，
3－4 Step forward on right，hold for one count，
5－6 Make $1 / 2$ turn right stepping back on left，make $1 / 2$ turn right stepping forward on right，
7－8 Step forward on left，hold for one count．
FORWARD ROCK，SIDE ROCK，BACK ROCK，POINT，
1－2 Rock forward on right，recover onto left，
3－4 Rock side on right，recover on to left，
5－6 Rock back on right，recover on to left，
7－8 Point right to right side，hold for one count．

BEHIND，SIDE，CROSS， $1 / 4$ TURN X 2，CROSS．
1－2 Cross right behind left，step left to side，
3－4 Cross right over left，hold for one count，
5－6 Turn $1 / 4$ right stepping back on left，turn $1 / 4$ right stepping side on right，
7－8 Cross left over right，hold for one count．
TAG 1：During walls 4 （facing 6 o＇clock）and wall 6 （facing 12 o＇clock）dance up to count 24 and add the

## following

STEP PIVOT ½ STEP X 2
1-2 Step forward on right, pivot $1 / 2$ turn left transferring with to left,
3-4 Step forward on right, hold for one count,
5-6 Step forward on left, pivot $1 / 2$ turn right transferring weight to right,
7-8 Step forward on left, hold for one count.

TAG 2: At the end of wall 8, facing 12 o'clock add the following tag.
SLOW JAZZ BOX CROSS.
1-2 Cross right over left, hold for one count,
3-4 Step back on left, hold for one count,
5-6 Step side on right, hold for one count.
7-8 Cross left over right, hold for one count.
Restart dance from the beginning.

