

Run Run Run

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Becky Shenefiel (USA) - February 2025
音乐: Run (from One Night In Malibu) - OneRepublic



Start dance on count: 16

S1: CHASSE R, L BACK ROCK (LINDY R), CHASSE L, R BACK ROCK (LINDY L)

1&2 Step R to right side, step L next to right, step R to right side
3-4 Step L back, rock fwd on R foot
5&6 Step L to left side, step R next to left, step L to left side
7-8 Step R back, rock fwd on L foot

S2: R FWD ROCK, SHUFFLE BACK R, L BACK ROCK, SHUFFLE UP L

1-2 Step R fwd, recover weight to L
3&4 Step back R, step L beside R, step back R
5-6 Step back L, recover weight to R
7&8 Step L fwd, step R beside L, step L fwd

S3: WALK UP RLR, KICK L, WALK BACK L, R, TURN 1/ 4 L, TOUCH

1-4 Step fwd R, step fwd L, step fwd R, touch L beside R or slightly kick L
5-8 Step back L, step back R, turning 1/ 4 left step L foot to left side, touch R beside L

S4: HEEL SWITCHES RLRL

1-4 Tap R heel fwd, step R beside L, Tap L heel fwd, step L beside R
5-8 Tap R heel fwd, step R beside L, Tap L heel fwd, step L beside R

NO TAGS OR RESTARTS
