

Run

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Egle Jürimets (EST) - April 2025
音乐: Run - Miranda Lambert



Restart: On wall 4 after 16 counts, the last step LF across change to ¼ turn to R and start facing 12:00

WALK, WALK, MAMBO FWD, WALK, WALK, COASTER CROSS

1-2 RF walk forward, LF walk forward
3&4 RF mambo forward, recover weight to LF, step RF a bit back
5-6 LF step back, RF step back
7&8 LF step back, RF back besides LF, LF step across RF

SWAY TO SIDE X4, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS

1-2 RF step R side moving hips R, move weight to L moving hips L
3-4 move weight to R moving hips R, move weight to L moving hips L
5&6 RF step behind LF, LF step L side, RF across LF
7&8 LF step side, but weight back to RF, LF across RF (Restart; change last step to ¼ turn R)

RESTART here on Wall 4

¼ TURN X2, CROSS ROCK, SIDE, CROSS ROCK, SIDE, CROSS, ¼ TURN STEP BACK

1-2 RF step back making ¼ turn L (9:00), LF step side making ¼ turn L (6:00)
3&4 RF cross rock L, weight back to LF, RF step R side
5&6 LF cross rock R, weight back to RF, LF step L side
7-8 RF across LF, LF step back turning ¼ to R (9:00)

COASTER STEP, SHUFFLE FWD, FULL TURN, ½ TURN, TOUCH

1&2 RF step back, LF besides RF, RF step forward
3&4 LF step forward, RF step besides LF, LF step forward
5-6 RF step back making ½ turn L (3:00), LF step forward making ½ turn L (9:00)
7&8 RF step forward, ½ turn L (3:00), touch RF besides LF

Enjoy