

My Little Runaway

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Schrank (USA)
音乐: Runaway - Bonnie Raitt



COASTER STEP, POINT, POINT, WOBBLE, POINT, CROSS, ¼ TURN

- 8&1 Step left foot back, step right foot next to left, step left foot forward
2-3 Point right toe forward, point right toe right
4&5 As you bring right foot next to left - swing both knees to left, swing both knees to right, point left toe to left while you straighten right leg
6-7 Cross left foot over right, make ¼ turn to left on ball of left while stepping slightly back on right

Hand styling for counts 4&5: as if holding maracas, alternate hands down right-left-right

COASTER, SCISSOR, POINT, TURN, COASTER, CROSS, STEP, TOGETHER

- 8&1 Step left foot back, step right foot next to left, while making ¼ turn left on ball of right-cross left over right
2-3 Point right toe to right, make ¼ turn to the right on balls of both feet (the right leg will be slightly forward and straight, the left knee bent)
4&5 Step right foot back, step left foot next to right, cross right foot over left (weight is now on right)
6-7 Step left foot left on a slight diagonal, bring right foot next to left (third position)

CHASSE LEFT, ROCK, RECOVER, FULL TURN RIGHT, ROCK, RECOVER

- 8&1 Step left foot on a diagonal to the left, step right foot next to left, step left foot forward on the same diagonal left
2-3 Rock right foot across left foot, recover weight to left and adjust angle to new wall (9:00)
4&5 Step ¼ turn right, on ball of right-make ½ turn right, on ball of left-make ¼ turn right (weight the right)

Easier option for 4&5: chasse right - right-left-right

- 6-7 Rock left foot over right (hold the slight diagonal right), recover weight back to right

STEP LOCK, STEP, SWAY, SWAY, STEP, STEP TURN, POINT, POINT

- 8&1 Following the same diagonal-step left foot back, lock right foot over left, step left foot back
2-3 Step right foot to right (adjust angle to new wall-12:00) and sway to the right, weight the left and sway to the left
4&5 Step right foot ¼ turn to right, step left foot forward, pivot ½ turn on balls of both feet (weight the right foot)
6-7 Point left toe forward, point left toe to left

REPEAT
