

On The Run

拍数: 44 墙数: 4 级数: Beginner
编舞者: Warren Fleming (AUS)
音乐: Nine Mile Run - Tania Kernaghan



RIGHT FOOT: HEEL, CLOSE, HEEL, CLOSE

1-4 Tap right heel forward at 45 degrees, bring back in place, tap right heel forward at 45 degrees, bring back in place

RIGHT FOOT: BRUSH UP

5-8 Tap right heel forward at 45 degrees, bring right heel up to left knee, tap right heel forward at 45 degrees, back in place

LEFT FOOT: HEEL, CLOSE, HEEL, CLOSE

9-12 Tap left heel forward at 45 degrees, bring back in place, tap left heel forward at 45 degrees, bring back in place

LEFT FOOT: BRUSH UP

13-16 Tap left heel forward at 45 degrees, bring left heel up to right knee, tap left heel forward at 45 degrees, back in place

SIDE, STOMP, SIDE, STOMP

17-20 Step right to right side, stamp left beside right, step left to left side, stamp right beside left

TWISTING TO THE RIGHT

21-24 Twist on toes heels to the right, twist on heels toes to the right, twist on toes heels to the right, twist on heels toes to the right

TWISTING TO THE LEFT

25-28 Twist on toes heels to the left, twist on heels toes to the left, twist on toes heels to the left, twist on heels toes to the left

SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT

29-34 Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT

35-40 Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

STEP, ¼ PIVOT, STOMP RIGHT FOOT, STOMP LEFT FOOT

41-44 Step right forward, pivot turn ¼ to the left (weight on left), stamp right beside left, stamp left beside right

REPEAT
