

Run It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kathy Brown (USA)
音乐: Run It! - Chris Brown



SIDE STEP BODY ROLL ¼ TURN, STEP HITCH TURN, RIGHT COASTER, FULL TURN TRIPLE

1-2 Step right to side with side body roll turning ¼ left, tap left toe slightly forward
Styling: as you tap push(pop) hip back, raise right shoulder up
3&4 Step down on left, hitch right, keeping weight on left turn ½ left
5&6 Step right back, step left back, step right forward
7&8 Turning ½ right step back on left, turning ½ right step forward right, step left forward
Option: left triple forward

ROCK/HIP PUSH FORWARD, RETURN, CROSS ¾ UNWIND, BEHIND AND CROSS, SIDE ROCK CROSS

1-2 Rock forward right pushing hips forward, return left
&3-4 Step right next to left, cross left over right, unwind ¾ right (weight to left)
5&6 Sweep right behind left, step left to side, cross right over left
7&8 Rock left to side, return right, cross left over right

POINT SIDE, STEP BACK, POINT SIDE STEP BACK, FULL MONTEREY, SIDE ROCK CROSS

1-2 Point right to side, step right behind left
Styling: point right, lift left shoulder up, bring down as you step back
3-4 Point left to side, step left behind right
Styling: point left, lift right shoulder up, bring down as you step back
5-6 Point right to side, turn a full turn right, step down on right
7&8 Rock left to side, return right, cross left over right

WALK RIGHT, HOLD, WALK LEFT, HOLD, 1 ¼ TRIPLE LEFT TURN, LEFT SAILOR

1-2 Step right forward and slightly across left, hold
3-4 Step left forward with toe turned left (prep), hold
5&6 Turning ½ left step right back, turning ½ left step left turning ¼ left step right to side
7&8 Step left behind right, step right to side, step left next to right

REPEAT