

Run This!

拍数: 104 墙数: 1 级数: Advanced hip hop
编舞者: Paul McAdam (UK)
音乐: We Run This - Missy Elliott : (Clean Edit)



Start dance after Missy says the words "Lemme switch up the game"

STEP RIGHT, HEEL TWIST, ¼ TURN WITH ISOLATED DIPS, STEP BACK, LOOK, BALL, WALK, WALK

- 1&2 Step forward on right (right leg bent), twist right heel out to side, return heel to center
- & Make ¼ turn left stepping left next to right (3:00)
- 3 Step right to right side bending both knees and isolate upper body to right
- 4 Rock weight onto left foot bending knees and isolating upper body to left
- 5-6 Step back on right foot, head looks to front wall
- &7-8 Step left next to right, walk forward on right, walk forward on left

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, SYNCOPATED MAMBOS RIGHT & LEFT

- 1&2& Rock forward on right, recover weight onto left, step right next to left, kick left foot forward
- 3&4& Rock back on left, recover weight onto right, step left next to right, kick right foot forward
- 5&6 Rock right to right side, recover weight onto left, step right next to left
- &7 Rock left to left side, recover weight onto right
- &8 Step left next to right, step forward on right

¼ TURN LEFT STEPPING LEFT, TOE SWITCHES, STEP BEHIND UNWIND ½ TURN LEFT

- a1-2 Make ¼ turn left on ball of right as you hitch left knee (a) and step left to left side, hold (2)
- &3 Step right next to left, touch left to left side
- &4 Step left next to right, step right to right side
- 5-6 Step left behind right, hold (6)
- 7-8 Unwind ½ turn left (leaving head looking to back wall), look to front (8)

STEP LEFT TOUCH RIGHT, STEP RIGHT TOUCH LEFT, FULL TURN LEFT DOING 4 WALKS IN CIRCLE

- 1-2 Step left to left side, touch right behind left
- 3-4 Step right to right side, touch left behind right
- 5-8 Make full turn left (round in a circle) as you do four walks, left, right, left, right

STEP LOWER, HOLD, TWIST HEELS

- 1 Step forward on left foot (heavy step like a stomp, upper body drops lower with hunched back) head looks to 3:00 wall
- 2 Hold
- 3-4 Twist right heel to left (towards left heel) making ¼ turn left, twist left heel to left making ¼ turn left
- 5-6 Step forward on left foot to left diagonal, hold a count
- 7&8 Cross right behind left, step left next to right, step right to right side
- & Step left next to right

STEP TOUCH, ¼ TURN TOUCH X3

- 1-2 Step right to right side, touch left toe next to right
- 3-4 Make a ¼ turn left and step left foot to left side, touch right toe next to left
- 5-6 Make a ¼ turn left and step right foot to right side, touch left toe next to right
- 7-8 Make a ¼ turn left and step left foot to left side, touch right toe next to left

TOUCH HOLD, & SWITCH & SWITCH & TOUCH HOLD & SWITCH & SWITCH

- 1-2 Touch right toe forward (upper body goes left), hold

- &3 Step right next to left, touch left toe next to right (upper body goes right)
- &4 Step left next to right, touch right toe next to left (upper body goes left)
- &5 Step right next to left, touch left toe forward (upper body goes right)
- 6 Hold
- &7 Step left next to right, touch right toe next to left (upper body goes left)
- &8 Step right toe next to left, touch left toe next to right foot (upper body goes right)

Styling note: this step is done quite strong, almost with popping action on each down beat

WIZARD OF OZ STEPS WITH ½ AND ¼ TURNS

- &1-2 Step down on left foot, step right foot to right diagonal, lock left foot behind right foot
- &3-4 Step right foot slightly to right side, step left foot to left diagonal, lock left foot behind right foot
- &5-6 Make a ½ turn right and step slightly back on left foot, step right foot to right diagonal, lock left foot behind right foot
- &7-8& Step right foot slightly to right side, step left foot to left diagonal, lock right foot behind left foot, make a ¼ turn and right and step left foot slightly to left side

STEP TOUCH X3 WITH SHOULDER SHRUGS, RUN BACK LEFT, RIGHT, LEFT

- 1-2 Step right foot to right diagonal, touch left toe next to right (while shrugging shoulders up, down, up, down, up, down on the counts 1&2&)
- 3-4 Step left foot to left diagonal, touch right toe next to left (repeat shoulders as above)
- 5-6 Step right foot to right diagonal, touch left toe next to right (repeat shoulders as above)
- 7&8 Step back quite a heavy step with left foot to left diagonal, step back to right diagonal, step back to left diagonal

PUSH, DROP, HEELS, TOES, HEELS, SHAKE, BALL STEP, TOUCH

- 1-2 Pushing up through left foot, pick right foot off the floor, step right foot heavy step down back to right diagonal
- 3&4 Bringing left foot to right foot and making a ¼ turn right, swivel left toes in, left heel in, left toes in
- 5&6 Keeping weight on right foot, shake hips as fast as you can
- &7-8 Step back on ball of left foot, step right foot to right diagonal, touch left toe behind right heel

On the touch behind you can tip your hat at the back of your head as it hits music

COASTER STEPS WITH TURNS

- 1&2 Step back on left (rising up on toes), step right next to left (rising up on toes), step forward on left (lowering back down foot)
- 3&4 Cross right behind left, make a ½ turn right step left next to right, step right foot forward
- 5&6 Cross left foot behind right foot, step right foot next to left, step left foot forward
- 7-8 Make ½ turn right (on ball of left) stepping forward on right, make ½ turn right stepping back on left

RIGHT SAILOR, SKATE LEFT, RIGHT, LEFT SAILOR, SKATE RIGHT, LEFT

- 1&2 Cross right behind left, step left next to right, step right to right side
- 3-4 Skate forward on left, skate forward on right
- 5&6 Cross left behind right, step right next to left, step left to left
- 7-8 Skate forward on right, skate forward on left

DIAGONAL STEP RIGHT, ROLL SHOULDERS, DIAGONAL STEP LEFT ROLL SHOULDERS

- 1-2 Step right foot forward towards right diagonal, touch left toe next to right
- 3-4 Roll both shoulders forward twice
- 5-6 Step left foot forward towards left diagonal, touch right toe next to left
- 7-8 Roll both shoulders forward twice

REPEAT

RESTART

After you finish the sailor steps and skates on the 3rd wall, restart the dance
