I Don't Want A Lover



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音乐: I Don't Want A Lover Remix (2001) - Texas



RUNNING MAN STEPS AND HEEL SWITCH'S MAKING ¾ TURN

1& Stomp forward on right, scoot back on right making ¼ turn right while hitching left Stomp forward on left, scoot back on left making ¼ turn right while hitching right

3& Stomp forward on right, scoot back on right hitching left

4 Stomp forward on left

Option replace with syncopated 1/4 Monterey turns

5& Touch right heel forward, step right by left

6& Touch left heel forward, step left by right making ¼ turn right (you will be facing 9:00 wall)

7& Touch right heel forward, step right by left

8 Touch left heel forward

STEP LEFT BY RIGHT, STEP FORWARD ON RIGHT, ½ PIVOT LEFT, SHUFFLE, EXTEND JAZZ BOX

&9 Step left by right, step forward on right

10 Make ½ pivot left (you will be facing 3:00 wall)

11&12 Step forward on right, step left by right, step forward on right

13-14 Cross left over right, step right to right 15-16 Step back on left, cross right over left

VINE LEFT, CROSS POINTS, 1/4 TURN RIGHT, LEFT SHUFFLE

17-18 Step left to left, cross right behind left 19-20 Step left to left, cross point right over left

21-22 Point right to right, on ball of left make ¼ turn to right (transferring weight to right, you will be

facing 6:00 wall)

Step forward on left, step right by left, step forward on left

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE MAKING 1/4 TURN LEFT

25-26 Cross rock right over left, recover on right

27&28 Step right to right, step left by right, step right to right

29-30 Cross rock left over right, recover on right

31&32 Step left to left, step right by left, step left to left making ¼ turn left

1 ¼ TURN, ROCK, RECOVER, ¼ SAILOR TURN RIGHT, STEP ½ PIVOT

On ball of left ¼ turn left while stepping right to right, on ball of right ½ turn left stepping left to

left option replace with ½ turn, cross behind

On ball of left make ½ turn left rocking right out to right, recover on left (you will be facing

12:00 wall)

37&38 Cross right behind left, step left by right making ¼ turn right, step forward on right (you will be

facing 3:00 wall)

39-40 Step forward on left, ½ pivot right (you will be facing 9:00 wall)

FULL TURN (IN TWO STEPS), ROCK, RECOVER, COASTER STEP, STEP ½ PIVOT

41-42 On ball of right ½ turn right, on ball of left ½ turn right stepping forward on left (you will be

facing 3:00 wall) option replace turn with two steps

43-44 Rock forward on left, recover on right

45&46 Step back on left, step right by left, step forward on left

47-48 Step forward on right, ½ pivot left (you will be facing 9:00 wall)

FULL TURN (IN TWO STEPS), ROCK, RECOVER, COASTER STEP, STEP ½ PIVOT

49-50 On ball of left ½ turn left, on ball of right ½ turn left stepping forward on right (you will be

facing 3:00 wall) option replace turn with two steps

51-52 Rock forward on right, recover on left

53&54 Step back on right, step left by right, step forward on right 55-56 Step forward on left, ½ pivot right (you will be facing 9:00 wall)

SYNCOPATED LOCK STEPS WITH FINGER CLICKS, RIGHT MAMBO FORWARD, LEFT COASTER STEP

57& Step forward on left, lock right behind left

58& Step forward on left (clicking fingers) lock right behind left 59& Step forward on left (clicking fingers) lock right behind left

Step forward on left (clicking fingers)

Rock forward on right, rock back on left, step back on right Step back on left, step forward on left

REPEAT