

Run Around In Circles

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Dave Munro (UK) - February 2008
音乐: Stay - Beulah : (Album: Songbird 08)



Intro: Start on Lyrics (the word 'Run')

Phrasing 48count, 40count, 48count, 40count, 48count, 48count, 8count (End facing 12:00)

Turn 1/2 Right Step-ball-step, L 1/2 turn Twinkle, R Cross Rock/recover, R Coaster.

1&2 1/4 turn right step Right forward, 1/4 turn right step on ball of Left foot beside Right, Step Right to forward right diagonal.
3&4 Step Left across Right, 1/4 turn Left step back Right, 1/4 turn left step Left forward.
5-6 Rock on Right across Left, Recover back Left.
7&8 Step Right back, Step Left beside Right, Step Right forward. (12:00)

Make 1/4 turn (L Point) x 2, L Step, R Scissor-Cross, L rock, L rock (1/4 turn), L Twinkle.

1& 1/4 turn right point Left to left, recover on Right in place.
2& 1/4 turn right point Left to left, recover on Right in place.
3 Step Left forward.
4&5 Step Right to right side, close Left beside Right, Step Right across Left.
6& Rock on Left to left, recover weight on to Right in place.
7& 1/4 turn right rocking on Left to left, recover weight on to Right in place.
8&1 Step Left across Right, Step Right beside Left, Short step Left to left side . (9:00)

R 1/4 turn Twinkle, Rock 1/4 turn & Cross, R & L Sway, R Coaster.

2&3 Step Right across Left, Step Left beside Right, 1/4 turn right step forward Right.
4&5 1/4 turn right rocking Left to left, recover weight on Right in place, Step Left across Right.
6-7 Step Right to right with a sway, Step Left to left with a sway.
8&1 Step Right back, Step Left beside Right, Step Right forward. (3:00)

L Mambo 1/2 turn, R Mambo 1/4 turn, L Forward Rock/recover, L Coaster, R Ball-Step.

2&3 Rock forward on Left, 1/4 turn left step back Right, 1/4 turn left step Left forward.
4&5 Rock forward on Right, 1/4 turn right step back Left, Step Right to right.
6& Rock forward on Left, Recover weight back on Right.
7&8 Step Left back, Step Right beside Left, Step Left forward.
&1 Step on ball of Right foot beside Left, Step Left forward. (12:00)

R Cross Step, Rhumba Box L/B/R/F, L Cross hitch/step, Back/together/cross.

2 Step Right across Left.
3&4 Step Left to left, Step Right beside left, Step Left back.
5&6 Step Right to right, Step Left beside Right, Step Right forward.
&7 Hitch Left knee across Right, Step Left across Right.
8& Step Right back, Step Left beside Right.*Restart from this point on walls 2 and 4.
1 Step Right across Left. (12:00)

Back/together/cross. R Point, R Cross, L Point, L Sailor 1/2 turn.

2&3 Step Left back, Step Right beside Left, Step Left across Right.
4-6 Point Right to right, Step Right across Left, Point Left to left.
7&8 Step Left behind Right, 1/4 turn Left step Right in place, 1/4 turn left Step Left to left. (6:00)

Restart from beginning.

***Restart:- After 8&, at end of 5th section on walls 2 and 4.**
