

Running Scared

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Yvonne Anderson (SCO) - September 2013
音乐: Sometimes (Radio Edit) - Britney Spears : (Album: The Singles Collection - deluxe version remastered)



Notes: Start just before vocal, Restart wall 2 (dance through to count 32 begin again facing 6 o'clock), Tag wall 5 (dance through to count 24, then add four hip sways R,L,R,L – begin again facing 3 o'clock)

[1-8] ROCK FORWARD, RECOVER, STEP BACK, ½ LEFT X 2, COASTER STEP, SHUFFLE FORWARD

1-2& Rock R forward, Recover weight on L, (&) Step R slightly back preparing to turn left [12]
3-4 Make ½ turn left stepping L forward, Make ½ turn left stepping R back [12]
5&6 Step L back (&) Step R beside left, Step L slightly forward [12]
7&8 Shuffle forward stepping R, L, R [12]

[9-16] STEP SIDE, DRAW, BALL-CROSS & CROSS, ROCK, RECOVER with DRAW, COASTER STEP

1-2 Step L to left (long step), Draw R to left weight remains on left throughout [12]
&3&4 (&) Step R beside left, Step L across right, (&) Step R to right (small step), Step L across right [12]
5-6 Rock R to right, Recover weight on L drawing right to left weight on L [12]
7&8 Step R back, (&) Step L beside right, Step R forward [12]

[17-24] STEP, HITCH ½ LEFT, SHUFFLE FORWARD, ¾ RIGHT, CROSS SHUFFLE

1-2 Step L forward, With weight on left hitch R knee and make ½ turn left [6]
3&4 Shuffle forward stepping R,L,R [6]
5-6 Make ¼ turn right stepping L to side, Make ½ turn right stepping R to right [3]
7&8 Step L across right, (&) Step R to right, Step L across right [3]

***** Tag & Restart wall 5, dance through to count 24, facing 3 o'clock, add four hip sways R,L,R,L – begin again) *****

[25-32] SIDE ROCK, RECOVER, BEHIND-SIDE-FORWARD, ½ TURN RIGHT, STEP BACK, COASTER STEP

1-2 Rock R to right, Recover weight on L [3]
3&4 Step R behind left, (&) Step L to left, Step R forward [3]
5-6 On ball of R make ½ turn right stepping L back, Step R back [9]
7&8 Step L back, (&) Step R beside left, Step L slightly forward [9]

*****Restart wall 2, dance through to count 32, facing 6 o'clock, begin again)*****

[33-40] SIDE, BEHIND, BALL-CROSS, MONTEREY FULL TURN, SIDE ROCK, CROSS, HEEL JACK

1-2 Step R to right, Step L behind right [9]
&3-4 (&) Step ball of R slightly back, Step L across right, Point R toes to right (start of monterey turn) [9]
5-6& On ball of L make a full turn right stepping R beside left, Rock L to left, (&) Recover weight on R [9]

(count 5 non-turning alternate: step R beside left)

7&8& Step L across right, (&) Step R back, Touch L heel forward, (&) Step L beside right [9]

[41-48] WALK FORWARD R&L, SHUFFLE, STEP ¼ RIGHT, CROSS SHUFFLE

1-2 Walk forward stepping R, L [9]
3&4 Shuffle forward stepping R,L,R [9]
5-6 Step L forward, Make ¼ turn right taking weight on R [12]
7&8 Step L across right, (&) Step R to right, Step L across R [12]

[49-56] 3/4 LEFT, SHUFFLE FORWARD, MAMBO with SWEEP BEHIND-SIDE-CROSS

- 1-2 Make ¼ turn left stepping R back, Make 1/2 turn left stepping L forward [3]
3&4 Shuffle forward stepping R,L,R [3]
5&6& Rock L forward, (&) Recover weight on R, Step L slightly back (&) Begin to sweep right from front to back [3]
7&8 Step R behind left, (&) Step L to left, Step R across left [3]

[57-64] SIDE SWAY, RECOVER, BEHIND- ¼ RIGHT x 2, ROCK-RECOVER-SIDE, ROCK BACK RECOVER

- 1-2 Rock L to left with hip sway, Recover weight on R [3]
3&4 Step L behind right, (&) Make ¼ turn right stepping R forward, Make ¼ turn right stepping L to side [9]
5-6& Rock R behind left, Recover weight on L, (&) Step R to right long step [9]
7-8& Rock L behind right, Recover weight on R, (&) Step L forward [9]

REPEAT

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