

Run

拍數: 96 牆數: 0 級數: Phrased Novice
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音樂: Run - Tiggs Da Author



Counts/Walls: A, B, A, B, B, A, 32 counts of A, B, B, A, A

Part A – 64 counts

A1: Point R, Touch, Side R, Touch L, L vine with ¼ turn L and scuff

- 1-2 Point RF to R side, Touch RF next to LF
- 3-4 Step RF to R side, Touch LF next to RF
- 5-6 Step LF to L side, Cross RF behind LF
- 7-8 Make a ¼ turn L and step forward on LF, Scuff RF forward

A2: Forward R, ¼ turn L with touch, Side L, Touch R, Forward R, ¼ turn L with touch, Side L, Touch R

- 1-2 Step forward on RF, make a ¼ turn L and touch LF next to RF
- 3-4 Step LF to L side, Touch RF next to LF
- 5-6 Step forward on RF, make a ¼ turn L and touch LF next to RF
- 7-8 Step LF to L side, Touch RF next to LF

A3: R Lock to R diagonal, Touch, L Lock to L diagonal, Touch

- 1-2 Step RF forward to R diagonal, Lock LF behind RF
- 3-4 Step RF forward to R diagonal, Touch LF next to RF
- 5-6 Step LF forward to L diagonal, Lock RF behind LF
- 7-8 Step LF forward to L diagonal, Touch RF next to LF

A4: Out R, Out L, In R, In L, R hand in, L hand in, R hand forward, L hand forward

- 1-2 Step RF to R side, Step LF to L side
- 3-4 Step RF In towards LF, Step LF next to RF
- 5-6 Push R hand down in front of you, Push L hand down in front of you
- 7-8 Push R hand forward, Push L hand forward

A5: Back diagonal R, Touch, Back diagonal L, Touch, Back diagonal R, Touch, Side L, Touch

- 1-2 Step RF back to R diagonal, Touch LF next to RF
- 3-4 Step LF back to L diagonal, Touch RF next to LF
- 5-6 Step RF back to R diagonal, Touch LF next to RF
- 7-8 Step LF to L side, Touch RF next to LF

A6: Step R, Close, x4

- 1-2 Step RF to R side, Close LF next to RF
- 3-4 Step RF to R side, Close LF next to RF
- 5-6 Step RF to R side, Close LF next to RF
- 7-8 Step RF to R side, Touch LF next to RF

A7: Step L, Bounce or pop, Step L, Bounce or pop

- 1-2 Step LF to L side, Pump chest forward twice (or two little bounces)
- 3-4 Close RF next to LF, Hold
- 5-6 Step LF to L side, Pump chest forward twice (or two little bounces)
- 7-8 Touch RF next to LF, Hold

A8: Paddle turns making a ½ turn L

- 1-2 Step RF to R side, Make a 1/8 turn L (take weight onto LF)
- 3-4 Step RF to R side, Make a 1/8 turn L (take weight onto LF)

- 5-6 Step RF to R side, Make a 1/8 turn L (take weight onto LF)
7-8 Step RF to R side, Make a 1/8 turn L (take weight onto LF)

Part B – 32 counts

B1: Slow motion run R, Slow motion run L, Run forward R, L, R, L

- 1-2 Step forward on ball of RF, push LF back across floor
3-4 Step forward on ball of LF, push RF back across floor
5-6 Step forward on RF, Step forward on LF
7-8 Step forward on RF, Step forward on LF

B2: Slow motion run R, Slow motion run L, Run back R, L, R, L

- 1-2 Step forward on ball of RF, push LF back across floor
3-4 Step forward on ball of LF, push RF back across floor
5-6 Step back on RF, Step back on LF
7-8 Step back on RF, Step back on LF

B3: Weave to R, Cross rock with R, Recover, Side, Hold

- 1-2 Cross RF in front of LF, Step LF to L side
3-4 Cross RF behind LF, Step LF to L side
5-6 Cross rock RF in front of LF, Recover onto LF
7-8 Step RF to R side, Hold

B4: Weave to L, Cross rock with L, Recover, Side, Hold

- 1-2 Cross LF in front of RF, Step RF to R side
3-4 Cross LF behind RF, Step RF to R side
5-6 Cross rock LF in front of RF, Recover onto RF
7-8 Step LF to L side, Hold

Hope you enjoy the dance.

Live to Love; Dance to Express.

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