

Runnin' Round

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Micaela Terry - July 2017
音樂: Attention - Charlie Puth

級數: Intermediate



Intro: start on vocals

Heel, heel, step, step x2, cross and cross, side step together 1/8 turn R, knee pop 1/8 turn R

1&2& R heel forward, L heel forward, R step back, L step back
3&4& R heel forward, L heel forward, R step back, L step back
5&6 Cross R over L, step L to L, cross R over L
&7 Step L to L, step R next to L making an 1/8 turn R
&8 Lift both heels off the ground popping both knees forward, drop both heels making 1/8 turn R

½ coupe'turn, ½ coupe'turn, rock recover, step back R, step back L, coaster step R

1 ½ turn R on R bringing L foot behind R ankle
2 ½ turn R on L bringing R foot behind L ankle
3,4 rock forward on R, recover back on L
5,6 walk back R, walk back L
7&8 step back R, step L next to R, small step forward R

Heel swivels R with snap, heel swivels L with snap

1,2,3,4 swivel both heels R, swivel both toes R, swivel both heels R, snap R fingers by R hip while looking over R shoulder
5,6,7,8 Swivel both heels L, swivel both toes L, swivel both heels L, snap L fingers by L hip while looking over L shoulder

1/4 step lock step, mambo, ½ Monterey turn, ¼ Monterey turn

1&2 ¼ R stepping on R, slide L foot behind R, step R forward
3&4 rock forward on L, step back on R, step L next to R
5,&,6,& Point R to R, make a 1/2 turn R stepping on R, point L to L, step L next to R
7,&,8,& Point R to R, make ¼ turn R, Point L to L, step L next to R

Tag: 4 count Tag at the end of wall 8

Cross full turn unwind

1 Cross R over L
2,3,4 full turn unwind L maintaining weight on L

Contact: Micaelat@icloud.com