

I'm Gonna Run To You

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Improver
編舞者: Conor McVeigh (UK) & Gary Samms (UK) - March 2018
音樂: Run to You - Bryan Adams : (Album: Best of Me - iTunes - 3:52)



Introduction: 32 counts from beginning of track (approx 15 seconds into the track)

Section 1: Rock out right left, rock back recover, Right shuffle forward, pivot ¼ right

1, 2 Rock right, rock left
3, 4 Rock back on right, recover weight onto left.
5&6 Step forward right, close left next to right, step forward on the right.
7, 8 Step forward left, pivot ¼ right. (3 0'Clock)

Section 2: Cross shuffle, hinge ½ left, cross rock, jump back, and heel dig

1&2 Cross left over right, step right to right side, cross left over right.
3, 4 Make ¼ left stepping back right, make ¼ left stepping left to left side.
5, 6 Cross rock right over left, recover weight onto left.
&7, 8 Jump back right, left, dig left heel forward. (9 0'Clock)

**** Restart 1: Here during Wall 4****

Section 3: Tog., Rock forward, recover, half turn shuffle x2, right coaster step

&, 1, 2 Step on ball of left, Rock forward right, recover weight onto left.
3&4 Half turn Right shuffle stepping forward right, left, right.
5&6 Half turn Right shuffle stepping forward left, right, left.
7&8 Step back right, step left next to right, step forward right. (9 0'Clock)

**** Step change and Restart 2. Here during Wall 10: Instead of the coaster step, do a slow rock back on the right and recover onto left.**

Then Restart the dance**

Section 4: Run forward, Forward Rock, Shuffle ½, Forward touch

1&2 Run forward left, right, left. (Shuffle left, right, left as an alternative).
3-4 Rock forward on right, recover weight onto left.
5&6 Half turn right shuffle stepping forward right, left, right.
7-8 Step forward left, touch right next to left. (3 0'Clock)

Restart 1: During Wall 4 after 16 counts (facing 6 0'Clock)

Restart 2: During Wall 10 after 24 counts (facing 6 0'Clock)

Contact: garys@nulinedance.com

Last Update - 18th April 2018