

Run!!!

拍數: 32 牆數: 4 級數: Improver
編舞者: Alexandra Schmitt (DE) - May 2021
音樂: Run - OneRepublic



Dance starts after 16 counts with the vocals.

S1: Walk 2x, Shuffle Forward, Rock Forward, Shuffle Back

1-2 Step forward on R (1), step Forward on L (2)
3&4 Step forward on R (3), step L next to R (&), step forward on R (4)
5-6 Step forward on L (5), recover weight back onto R (6)
7&8 Step back on L (7), step R next to L (&), step back on L (8)

S2: Rocking Chair, ½ Turn R, Step, Pivot ¼ R, Cross

1-2 Step back on R (1), recover weight back onto L (2)
3-4 Step forward on R (3), recover weight back onto L (4)
5-6 ½ turn right stepping forward on R (5) (6:00), step forward on L (6)
7-8 ¼ turn R (weight on R) (7) (9:00), cross L over R (8)

S3: Chasse R, Side/Sways, Chasse L, Rock Back

1&2 Step R to right (1), step L next to R (&), step R to right (2)
3-4 Step L to left/sway L (3), sway R (4)
5&6 Step L to left (5), step R next to L (&), step L to left (6)
7-8 Step back on R (7), recover weight back onto L (8)

S4: Shuffle Forward ½ Turning L, Shuffle Back, Rock Back, ½ Turn L, ½ Turn L

1&2 ½ turn left stepping R (1), L (&), R (2) (3:00)
3&4 Step back onto L (3), step R next to L (&), step back onto L (4)
5-6 Step back onto R (5), recover weight back onto L (6)
7-8 ½ turn left stepping back on R (7) (9:00), ½ turn left stepping forward on L (8) (3:00)

Start again.

Last Update - 24 May 2021
