

Run and Tell That

拍數: 32 牆數: 4
編舞者: Ben Summerell (AUS) - May 2021
音樂: Run and Tell That - Elijah Kelley : (Album: Hairspray Soundtrack)



Dance begins after 16 counts with weight on L foot

INTRO (Front Wall) / TAG 1 (Facing Back Wall)

Begin this as an intro after 16 counts of music and add as a tag on wall 7 after 16 counts.

R STEP WAVE, R HIP BUMPS x 8, L STEP WAVE, L HIP BUMPS x 8, REPEAT, REPEAT

[1-8] Stepping R to R side, push R hand in an arch from above your head to land on your R hip, 8-16 Bump R hip to R side for 8 counts

[17-24] Stepping L to L side, push L hand in an arch from above your head to land on your L hip,

[25-32] Bump L hip to L side for 8 counts

[33-64] Repeat above 32 counts

MAIN DANCE

[1-8] - TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP

- 1-2 Touch R toe forward, step R together,
- 3-4 Touch L toe forward, step L together
- 5-6 Touch R toe forward, step R together,
- 7-8 Touch L toe forward, step L together

[9-16] - SIDE, STEP, TOGETHER, JUMP, SIDE, STEP, TOGETHER, JUMP

- 1-2 Step R to R side, step L in place
- 3-4 Step R together, small jump in the air with both feet landing with weight on R foot
- 5-6 Step L to L side, step R in place
- 7-8 Step L together, small jump in the air with both feet landing with weight on L foot

[17-24] - ANGLE TOE STRUT WITH FINGER CLICKS x 4

- 1 Angling your body (towards 3:00) while (looking towards 12:00) cross R toe over L
- 2 Drop R heel while clicking fingers,
- 3-4 Step L toe to L side (towards 12:00), drop L heel while clicking fingers
- 5-6 Cross R toe over L, drop R heel while clicking fingers
- 7-8 Step L toe to L side (towards 12:00), drop L heel while clicking fingers

[25-32] - OUT, OUT, IN, IN, JAZZ BOX 1/4 TURN

- 1-2 Turning your body (back to 12:00) step R to R 45, step L to L
- 3-4 Step R back to centre, step L back together
- 5-6 Cross step R over L, step L back on 45
- 7-8 1/4 turn over R shoulder stepping R to R side, step L together

BEGIN THE DANCE AGAIN ON NEW WALL

TAG 2 (Facing front wall) / ENDING

At the end of wall 9 add the following 4 counts, and use as an optional ending at the end of wall 13

R STEP OUT, BOTH HANDS RAISE

- 1-2 Step R out to R side while placing both hands out to each side, raise hands to 45
- 3-4 Raise hands to 90, raise hands to 135 while looking up

