

Running to the Sunshine

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mickael Godeau (BEL) & Gregory Danvoie (BEL) - August 2022
音樂: Sunshine - OneRepublic



S1. Side, behind, side, cross, side chasse, back rock, recover

1-2 RF step to the side, LF cross behind RF
3-4 RF step to the side, LF cross over RF
5&6 RF side chasse
7-8 LF back rock, recover

S2. Side, hold & clap, together, side, scuff, jazz box 1/4

1-2 LF step to the side, hold (clap in your hand during hold time)
&3-4 RF step next to LF, LF step to the side, RF scuff
5-8 RF jazz box with 1/4 turn to the R

S3. Stomp fwd, bounce X3, cross over & touch X2

1-4 RF stomp fwd, bounce X3 with 1/4 turn to the L
5-6 RF cross over LF, LF touch to the side
7-8 LF cross over RF, RF touch to the side

S4. Cross rock, recover, shuffle fwd 1/4, step fwd, pivot 1/2, run X3

1-2 RF cross rock over LF, recover
3&4 RF Shuffle fwd with 1/4 turn to the R
5-6 LF step fwd, make a pivot with 1/2 turn to the R
7&8 LF step fwd, RF step fwd, LF step fwd (run-run-run)

Option : triple step (L-R-L) with a full turn to the R

Tag & restart :

At wall 10 (9 O'clock)

After the second section of the dance, tag :

1-4 RF stomp fwd, bounce X3 with 1/4 turn to the L
& restart the dance

Gregory Danvoie xxx