

Running in a Slow Dream

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Sandra Speck (UK) - March 2024
音樂: Wild Dogs (Running in a Slow Dream) - Matchbox Twenty



INTRO: 8 COUNTS, APPROX 3 SECONDS

STEP TAP, BACK KICK, COASTER STEP, SCUFF,

- 1 – 2 Step forward on right foot, tap left foot behind right,
- 3 – 4 Step back on left foot, kick right foot forward,
- 5 – 6 Step back on right foot, close left foot next to right,
- 7 – 8 Step forward on right, scuff left next to right.

ROCKING CHAIR, STEP ¼ CROSS.

- 1 – 2 Rock forward on left, recover on to right,
- 3 – 4 Rock back on left, recover on to right,
- 5 – 6 Step forward on left, turn ¼ right transferring weight to right,
- 7 – 8 Cross left over right, hold for one count.

RUMBA BOX WITH ¼ TURN.

- 1 – 2 Step side on right, close left foot next to right,
- 3 – 4 Step back on right turning 1/8 left, hold for one count,
- 5 – 6 Step side on left, close right foot next to left,
- 7 – 8 Step forward on left turning 1/8 left, hold for one count.

RUMBA BOX WITH ¼ TURN.

- 1 – 8 Repeat section 3.

SIDE ROCK CROSS, GRAPEVINE ¼.

- 1 – 2 Rock side on right, recover on to left,
- 3 – 4 Cross right over left, hold for one count,
- 5 – 6 Step side on left, cross right behind left,
- 7 – 8 Turn ¼ left stepping forward on left, hold for one count.

STEP PIVOT ½ STEP, FULL TURN STEP.

- 1 – 2 Step forward on right, pivot ½ turn left transferring weight to left,
- 3 – 4 Step forward on right, hold for one count,
- 5 – 6 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right,
- 7 – 8 Step forward on left, hold for one count.

FORWARD ROCK, SIDE ROCK, BACK ROCK, POINT,

- 1 – 2 Rock forward on right, recover onto left,
- 3 – 4 Rock side on right, recover on to left,
- 5 – 6 Rock back on right, recover on to left,
- 7 – 8 Point right to right side, hold for one count.

BEHIND, SIDE, CROSS, ¼ TURN X 2, CROSS.

- 1 – 2 Cross right behind left, step left to side,
- 3 – 4 Cross right over left, hold for one count,
- 5 – 6 Turn ¼ right stepping back on left, turn ¼ right stepping side on right,
- 7 – 8 Cross left over right, hold for one count.

TAG 1: During walls 4 (facing 6 o'clock) and wall 6 (facing 12 o'clock) dance up to count 24 and add the

following.

STEP PIVOT ½ STEP X 2

- 1 – 2 Step forward on right, pivot ½ turn left transferring with to left,
- 3 – 4 Step forward on right, hold for one count,
- 5 - 6 Step forward on left, pivot ½ turn right transferring weight to right,
- 7 – 8 Step forward on left, hold for one count.

TAG 2: At the end of wall 8, facing 12 o'clock add the following tag.

SLOW JAZZ BOX CROSS.

- 1 – 2 Cross right over left, hold for one count,
- 3 – 4 Step back on left, hold for one count,
- 5 – 6 Step side on right, hold for one count.
- 7 – 8 Cross left over right, hold for one count.

Restart dance from the beginning.
