

Run

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Charlie Beavan (USA) - May 2025
音樂: Good Day to Run - Darryl Worley



VINE RIGHT, ROCKING HORSE, WALK, WALK, RUN,RUN,RUN

1&2& Step right to the right, step left behind right, step right to right side
3&4& Step left forward, recover on right, step left back, recover on right
5,6 Walk forward left, walk forward right
7&8 Run forward L,R,L

1/2 TURN TO THE LEFT, RUN,RUN,RUN, ROCK & CROSS, ROCK & CROSS

1&2 ½ turn left stepping R,L,R
3&4 Run forward L,R,L
5&6 Rock right to the right, recover on left, cross right over the left
7&8 Rock left to the left, recover on right, cross left over right

SHUFFLE BACK AT AN ANGLE, ½ TURN, SHUFFLE FORWARD AT AN ANGLE, ROCK RECOVER, ¼ TURN COASTER STEP

1&2 Shuffle back at an angle R,L,R (10:30)
3&4 ½ Turn shuffle forward L,R,L (10:30)
5,6 Rock forward on the right, recover on the left
7&8 ¼ turn left step right back, step left next to right, step right forward

RUN,RUN,RUN (Left,Right,Left) RUN,RUN,RUN (Right,Left,Right) ROCK FORWARD, RECOVER, COASTER STEP

1&2 Run forward L,R,L
3&4 Run forward R,L,R
5,6 Rock forward on the left, recover on the right
7&8 Step left back, step right next to left, step left forward