

Snap and Run

拍數: 64 牆數: 4 級數: Improver
編舞者: Jamie Marshall (USA) - May 2025
音樂: Snap Your Fingers - Joe Henderson



16 Count Intro

A. STEP, SNAP, STEP, SNAP, WALK, WALK, OUT, OUT, IN, IN

- 1,2 Step R forward (1), Snap fingers (2)
- 3,4 Step L forward (3), Snap fingers (4)
- 5,6 Walk R forward (5), Walk L forward (6)
- &7&8 Step R to R (&), Step L to L (7), Step R to center (&), Step L next to R (8) (12:00)

B.PRESS BALL, PRESS HEEL DOWN, SLIDING FOOT BACK (SLOWING RUNNING MAN)

- 1,2 Press ball of R forward (1), As pressing heel to floor, slide L back (2)
- 3,4 Press ball of L forward (3), As pressing heel to floor, slide R back (4)
- 5,6 Press ball of R forward (5), As pressing heel to floor, slide L back (6)
- 7,8 Press ball of L forward (7), As pressing heel to floor, slide R back (8) (12:00)

C.ROCK, RECOVER, LONG STEP, DRAG, STEP BACK, TOGETHER, FORWARD, SCUFF

- 1,2 Rock R forward (1), Recover onto L (2)
- 3,4 Long R step back (3), Drag L towards R (4)
- 5,6 Step L back (5), Step R next to L (6)
- 7,8 Step L forward (7), Scuff R next to L (8) (12:00)

D.STEP, SWIVEL, STEP (2X), ROCK, RECOVER

- 1,2,3 Step R to R, swivel toes to R (1), Swivel heels to R, slightly bending knees (2), Step L next to R, squaring up (3)
- 4,5,6 Step R to R, pointing toes to R (4), Swivel both feet to L, slightly bending knees (5), Step L next to R, squaring up (6)
- 7,8 Rock R to R (7), Recover onto L (8) (12:00)

E.CROSS TOE STURT, STEP, CROSS TOE STRUT, CROSS, STEP

- 1,2 Cross R toe over L (1), Press R heel to floor, taking weight as snap fingers (2)
- 3,4 Step L toe to L (3), Press L heel to floor, taking weight as snap fingers (4)
- 5,6 Cross R toe behind L (5), Press R heel to floor taking weight as snap fingers (6)
- 7,8 Step L toe to L (7), Press L heel to floor, taking weight as snap fingers (8) (12:00)

F.PRESS BALL, PRESS HEEL DOWN, SLIDING FOOT BACK (SLOWING RUNNING MAN)

- 1,2 Press ball of R forward (1), As pressing heel to floor, slide L back (2)
- 3,4 Press ball of L forward (3), As pressing heel to floor, slide R back (4)
- 5,6 Press ball of R forward (5), As pressing heel to floor, slide L back (6)
- 7,8 Press ball of L forward (7), As pressing heel to floor, slide R back (8) (12:00)

G.ROCK RECOVER, ½ TRIPLE, ½ TRIPLE, ROCK, RECOVER

- 1,2 Rock R forward, Recover onto L (2)
- 3&4 Turn ¼ R, stepping R to R (3), Step L next to R (&), Turn ¼ R, stepping R forward (4)
- 5&6 Turn ¼ R, stepping L to L (5), Step R next to L (&), Turn ¼ R stepping L back (6)
- 7,8 Rock R back (7), Recover onto L (8) (12:00)

H.STEP, ¼ PIVOT, STEP, ¼, STEP, HOLD, BOUNCE, BOUNCE TURNING 1/4

- 1,2 Step R forward (1), Pivot ¼ L, taking weight on L (2)
- 3,4 Step R forward (3), Pivot ¼ L, taking weight on L (4)

5,6	Step R forward (5), Hold (6)
7,8	Bounce twice, turning $\frac{1}{4}$ L, taking weight (8) (3:00)
