Running Hot

REPEAT



拍數: 64 牆數: 0 級數:

編舞者: Ian St. Leon (AUS)

音樂: Scrubbashin' - Lee Kernaghan



1-4	Moving twists right (heels, toes, heels, toes to c)
5-12	Kick right foot forward, cross right foot over left, kick right foot forward, kick right foot back kick right foot forward turn ½ turn to right, cross right foot over left, kick right foot forward cross right over left
13-16	Step right foot forward, lock left behind right, step right foot forward, slap left behind right with right hand
17-20	Spin vine left turn full turn (left-right-left) stomp right
21&22	R 45, step right behind left, step left across right
23&24	R 45, step right behind left, step left across right
25-26	Unwind legs full turn to right
27-28	Stomp (left, right)
29-32	Step left forward across right at 45 degrees raise right, step right in spot raise left, 3 quick steps - left together, (right, left) in spot
33-36	Step right forward across left at 45 degrees raise left, step left in spot raise right, 3 quick steps - right together, (left, right) in spot turning 3/4 turn with the 3 steps
37-44	Left toe to left side, step left across right, right toe to right side, step right across left, left toe to left side step left across right, turn ½ turn right, right toe back
45-46	Shuffle forward right (right-left-right)
47-48	Shuffle forward left (left-right-left)
49-52	Right heel forward, together, left toe back, together
53-56	Right toe to right side, together, left toe to left side, together
57-60	Jump feet apart, jump feet together cross right over left, turn ½ turn to left (2 beats)
61-64	Jump feet apart, jump feet together cross right over left, turn ½ turn to left (2 beats)