

Runnin' Around

Count: 64

Wand: 0

Ebene: Improver

Choreograf/in: Di McGrorey (AUS) - October 2017

Musik: Runnin' Around - Sons of the Palomino : (iTunes)



Intro: 16 counts. Weight on Left. Version 2.

S1: Step, Rock, Cross Strut, Side, Behind, Side, Cross

1,2,3,4 Step R to Side, Rock L to L Side, Cross Strut R Over L
5,6,7,8 Step L to Side, Step R Behind, Step L to Side, Cross Step R Over L

S2: Step, Rock, Cross Strut, Side Behind, Side Cross

1,2,3,4 Step L to Side, Rock R to R Side, Cross Strut L Over R
5,6,7,8 Step R to Side, Step L Behind, Step R to Side, Cross Step L Over R #

S3: ¼ Turn Monterey, ¼ Jazz Box

1,2,3,4 Touch R to Side, Turn ¼ to R, Step on R, Touch L to Side, Step on L
5,6,7,8 Cross Step R Over L, Step Back on L, ¼ Turn Step R to Side, Step L Together

S4: Side Shuffle, Back, Rock, Side Shuffle, Back, Rock

1&2,3,4 Side Shuffle R, Rock Back, Step Forward
5&6,7,8 Side Shuffle L, Rock back, Step Forward

S5: Forward Lock, Shuffle Forward, Forward Lock, Shuffle Forward

1,2,3&4 Forward R, Lock L Behind, Shuffle Forward on R
5,6,7&8 Forward L, Lock R Behind, Shuffle Forward on L

S6: Forward, Rock, ¼ Right to Side, Cross, Side, Behind, Side Cross

1,2,3,4 Rock Fwd R, Step Back L, Turn ¼ R, Step R to Side, Cross Step L Over R
5,6,7,8 Step R to Side, Step L Behind R, Step R to Side, Cross Step L Over R

S7: Side, Rock, Cross Shuffle, ¼ Back, Rock, Forward, Scuff

1,2,3&4 Rock R to Side, Step L to Side, Cross Shuffle R Over L
5,6,7,8 Step Back on L Turning ¼ R, Rock Forward R, Step Fwd L, Scuff R

S8: Pivot ½, Step Forward, Hold, Roll Forward, Forward, Hold

1,2,3,4 Step Forward R, Pivot ½ Turn, Step Forward R, Hold
5,6,7,8 Roll Forward Right, Stepping L,R,L, Hold

Start the dance again.

BRIDGE: Walls 2, 5 and 7 there is a Bridge. After 32 counts, add a rocking chair, then continue from count 33.

You will be facing 12.00 each time.

Wall 3. Restart the dance after the first 16 counts. #

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