

Run It

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Kathy Brown (USA)

Musik: Run It! - Chris Brown



SIDE STEP BODY ROLL ¼ TURN, STEP HITCH TURN, RIGHT COASTER, FULL TURN TRIPLE

1-2 Step right to side with side body roll turning ¼ left, tap left toe slightly forward

Styling: as you tap push(pop) hip back, raise right shoulder up

3&4 Step down on left, hitch right, keeping weight on left turn ½ left

5&6 Step right back, step left back, step right forward

7&8 Turning ½ right step back on left, turning ½ right step forward right, step left forward

Option: left triple forward

ROCK/HIP PUSH FORWARD, RETURN, CROSS ¾ UNWIND, BEHIND AND CROSS, SIDE ROCK CROSS

1-2 Rock forward right pushing hips forward, return left

&3-4 Step right next to left, cross left over right, unwind ¾ right (weight to left)

5&6 Sweep right behind left, step left to side, cross right over left

7&8 Rock left to side, return right, cross left over right

POINT SIDE, STEP BACK, POINT SIDE STEP BACK, FULL MONTEREY, SIDE ROCK CROSS

1-2 Point right to side, step right behind left

Styling: point right, lift left shoulder up, bring down as you step back

3-4 Point left to side, step left behind right

Styling: point left, lift right shoulder up, bring down as you step back

5-6 Point right to side, turn a full turn right, step down on right

7&8 Rock left to side, return right, cross left over right

WALK RIGHT, HOLD, WALK LEFT, HOLD, 1 ¼ TRIPLE LEFT TURN, LEFT SAILOR

1-2 Step right forward and slightly across left, hold

3-4 Step left forward with toe turned left (prep), hold

5&6 Turning ½ left step right back, turning ½ left step left turning ¼ left step right to side

7&8 Step left behind right, step right to side, step left next to right

REPEAT