We Run This



Count: 32 Wand: 4 Ebene: Improver hip hop

Choreograf/in: Signature X

Musik: We Run This - Missy Elliott



STEP RIGHT, CLOSE RIGHT, STEP LEFT, CLOSE LEFT, BEHIND, UNWIND ½ RIGHT, STEP RIGHT DIAGONALLY, STEP LEFT DIAGONALLY

1-2 Step right to right side, close back right beside left

3-4 Step left to left side, close left beside right

5-6 Press right behind left, unwind ½ turn right (facing 6:00)

7-8 Step right diagonally forward to right side, step left diagonally forward to left side

Hands option

1&2 Execute chest pump twice, clap3&4 Execute chest pump twice, clap

HIP BUMPS TWICE, 1/4 PADDLE TURN, 1/8 PADDLE TURN TWICE

1&2 Bump hip left, right, left3&4 Bump hip right, left, right

5-6 Step right ¼ turn left to right side, hold 7 Step right 1/8 turn left to right side

8 Step right 1/8 turn left to right side (facing back to 12:00)

Hands option: left arm lift up above shoulder level and pump down during each paddle turn

TOE SWITCHES X4, CHEST PUMPS X4

1& Point toe to left side, close back left next to right2& Point toe to right side, close back right beside left

3& Repeat 1& Repeat 2&

5-6-7-8 Pumps chest x4 (facing 12:00) with lots at attitude

FUNKY WALK

1-2-3-4 (With body facing 3:00, head facing 12:00) walk x3 forward, starting right, left, right, hitch left

knee up (face 9:00)

5-6-7-8 (With body facing toward 9:00), funky walk forward by stepping left, right, left, right

REPEAT

TAG

At the beginning of wall 3 & wall 7

STEP TOUCHES X5

1& Step left to left side, touch right beside left

2 Hold

3& Step right to right side, touch left beside right

4 Hold
5& Repeat 1&
6 Hold
7& Repeat 3&
8& Repeat 1&

Hands option for counts:

1& Point both hands up in the air

3& Arm fold with lots of attitude (chest level)

5& Put both hands down to waist level, look down to the left shoulder

