

Runnin' Behind

Compte: 48

Mur: 4

Niveau: Beginner



Chorégraphe: Jennie Berry (AUS) - January 2021

Musique: Runnin' Behind - Tracy Lawrence : (Album: The Very Best Of Tracy Lawrence)

#16 Count Intro

Section 1 LOCK STEP FORWARD TOUCH, LOCK STEP FORWARD TOUCH.

- 1.2.3.4 Step right forward, lock step left behind right, step right forward scuff left forward.
- 5.6.7.8 Step left forward, lock step right behind left step left forward, touch right beside left. (12.00)

Section 2 DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT. HIPS: RIGHT LEFT RIGHT LEFT.

- 1.2 Step right to right side, push hips right, push hips right.
- 3.4 Push hips left, push hips left
- 5.6 Push hips right, push hips left.
- 7.8 Push hips right, push hips left take weight onto left. (12.00)

Section 3 VINE RIGHT, VINE LEFT ¼ TURN.

- 1.2.3.4 Step right to side, step left behind right step right to side touch left beside right.
- 5.6.7.8 Step left to side, step right behind left turn 90 degrees left touch right beside left. (9.00)

Section 4 PADDLE ¼ PADDLE ¼ ROCKING CHAIR

- 1.2 Paddle; step right forward, paddle 90 degrees left, take weight onto left.
- 3.4 Paddle; step right forward, paddle 90 degrees left, take weight onto left.
- 5.6.7.8 Step forward on right, rock back on left, rock back on right, rock forward on left. (3.00)

Section 5 STOMP, HEEL TOE HEEL, STOMP, HEEL TOE HEEL.

- 1.2 Stomp right forward 45 degrees right, twist left heel towards right
- 3.4 Twist left toe towards right, twist left heel towards right.
- 5.6 Stomp left forward 45 degrees left, twist right heel towards left.
- 7.8 Twist right toe towards left, twist right heel towards left. (3.00)

Section 6 BACK TOUCH BACK TOUCH. BACK TOUCH BACK TOUCH

- 1.2.3.4 Step right back touch left beside right, step left back touch right beside left.
- 5.6.7.8 Step right back touch left beside right, step left back touch right beside left. (3.00)

[48B] BEGIN AGAIN

Jennie Berry: 'On line' Boot Scooter's - mrsjnberry@yahoo.com - 0428 218 233