

Sonic Run It

Compte: 32

Mur: 0

Niveau: Improver

Chorégraphe: David Sinfield (UK) & Darren Tubridy (UK) - January 2025

Musique: Run It - Jelly Roll : (iTunes & amazon music)



Dance starts 8 seconds into track

SYNCOPATED SIDE ROCK R, L, ROCK FORWARD, WALK BACK, R L

- 1-2 &. Rock R to R, recover L in place of R, Step on the ball of R keeping weight on R
- 3-4 &. Rock L to L, recover R in place of L, step on the ball of L keeping weight on L
- 5-6 . Rock R forward, recover on L,
- 7-8. Walk back R, walk back L

COASTER STEP, HEEL GRIND ¼ TURN L, BACK ROCK, KICK BALL TOUCH.

- 1&2. Step back R, close L beside R, step forward R
- 3-4. Grind left heel forward ¼ turn left.
- 5-6. Rock back on L, replace on R
- 7&8. Kick L foot forward, step down on the ball of L, touch R beside L

SIDE HOLD, BALL SIDE TOUCH, FULL TURN, CHASSE ¼ TURN L

- 1-2. Step R to R side, hold
- &3-4. Step L beside R, step R to R side, touch L beside R
- 5-6. On the ball of L spin a ½ L, On the ball of R spin a ½ L
- 7&8. Step L to L, close R beside L, step L into a ¼ turn L

TOE SWITCHES, CLAP HANDS, HEEL SWITCHES, CLAP HANDS

- 1&2. Touch R toe to R, bring R together, touch L toe to L
 - 3&4. Touch R toe to R, CLAP hands twice
 - 5&6. Touch R heel forward, step down, touch L heel forward
 - 7&8. Touch R heel forward, CLAP hands twice.
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