

Run Sue, Run! (落跑女孩) (zh)

COPPER KNOB
STYRETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Cato Larsen (NOR) - 2008年12月
音乐: Runaround Sue - Dion



前奏 : Intro: Start the dance at vocal after 64 counts with heavy beat (47 seconds).

第一段 Step, Touch & Clap, Back, Touch & Clap, Shuffle Forward, Hold. 踏, 點&拍手, 後, 點&拍手, 前交換, 候

- 1,2 Step forward on right (1), Touch left toe next to right and Clap your hands (2). 右足前踏, 左足趾併點拍手
- 3,4 Step back on left (3), Touch right toe next to left and Clap your hands (4). 左足後踏, 右足趾併點拍手
- 5-8 Step forward on right (5), Step left next to right (6), Step forward on right (7), Hold (8) [12:00]
右足前踏, 左足併踏, 右足前踏, 候(面向12點鐘)

第二段 Step, Touch & Clap, Back, Touch & Clap, Shuffle Forward, Hold. 踏, 點&拍手, 後, 點&拍手, 前交換步, 候

- 1,2 Step forward on left (1), Touch right toe next to left and Clap your hands (2). 左足前踏, 右足趾併點拍手
- 3,4 Step back on right (3), Touch left toe next to right and Clap our hands (4). 右足後踏, 左足趾併點拍手
- 5-8 Step forward on left (5), Step right next to left (6), Step forward on left (7), Hold (8). 左足前踏, 右足併踏, 左足前踏, 候

第三段 Slow Diagonal Steps Forward, Mambo Step. 慢拍斜前踏, 曼波

- 1,2 Step right diagonally forward right (1), Hold (2). [1:30]
右足右斜角線前踏, 候(面向1:30)
- 3,4 Step left diagonally forward right (3), Hold (4). [1:30]
左足右斜角線前踏, 候(面向1:30)
- 5,6 Step right diagonally forward right (5), Rock (recover) back again onto left (6). [1:30] 右足右斜角線前踏, 左足後下沉(面向1:30)
- 7,8 Step right slightly back on a left diagonal (7), Hold (8).
右足左斜角線後踏, 候

第四段 Slow Diagonal Steps Back, Run Around To The Back Wall. 慢拍斜角線後踏, 繞向後牆

- 1,2 Step left diagonally back left (1), Hold (2). [1:30]
左足右角線後踏, 候(面向1:30)
- 3,4 Step right diagonally back left (3), Hold (4). [1:30]
右足右角線後踏, 候(面向1:30)
- 5-8 "Run around" to the back wall Stepping left, right, left turning to the left (5,6,7), Hold (8). [6:00]
以小三步左轉到後面牆-左, 右, 左(面向6點鐘)

Note: Run either 3/8 turn or 1 3/8 turn left.
也可改成小三步轉一圈又3/8