

Run

拍数: 48 墙数: 2 级数: High Intermediate waltz
编舞者: Scott Blevins (USA) - January 2015
音乐: Run - Marsha Ambrosius : (Album: Friends and Lovers)



#24 count intro to start on the lyric "Run"

With two Restarts occurring after count 24 on rotations 2 and 7

[1 – 6] CROSS BODY LUNGE, SLOW UNWIND ½ RIGHT

1-2-3 1-2-3) Cross body lunge L across R as you slowly torque body to left extending R arm fwd
4-5-6 4-5-6) Slowly turn ½ right taking weight on R [6:00]

[7-12] CROSS, ¼ LEFT, ½ LEFT, ¼ LEFT, TOGETHER, CROSS

1-2-3 1) Step L across R; 2) Turn ¼ left stepping R back; 3) Turn ½ left stepping L fwd [9:00]
4-5-6 4) Turn ¼ left stepping R to right; 5) Step L next to R; 6) Step R across L [6:00]

[13-18] ½ TURN RIGHT OVER 2 COUNTS ON L, SIDE, CROSS, SIDE, BEHIND

1-2-3 1) Turn ¼ right stepping L back; 2) Continue turning on L another ¼ right to complete a smooth ½ turn over two counts; 3) Step R to right [12:00]
4-5-6 4) Step L across R; 5) Step R to right; 6) Step L behind R

[19-24] ½ TURN RIGHT OVER 2 COUNTS ON R, CROSS, ¼ LEFT, ½ LEFT, FWD

1-2-3 1) Turn ¼ right stepping R fwd; 2) Continue turning on R another ¼ right as you finish a smooth ½ turn over two counts on R; 3) Step L across R [6:00]
4-5-6 4) Turn ¼ left stepping R back; 5) Turn ½ left stepping L fwd; 6) Step R fwd [9:00]

Note: On the Restarts, count 24 (6) of this section will become a ¼ turn left stepping R to right.

On rotation 2, you will start facing the original 6 O'clock wall, on count 24 you make this ¼ turn to face the original 12 O'clock wall and then Restart from the top of the dance.

On rotation 7, you will start facing the original 12 O'clock wall, on count 24 you will make this ¼ turn to face the original 6 O'clock wall and then Restart from the top of the dance.

[25-30] FWD, 2 COUNT SPIRAL, FWD, ¼ RIGHT 2 COUNT ROCK, RECOVER,

a-1-2-3 a) Step ball of L fwd; 1-2) Over two counts make a full spiral turn to right (weight on L); 3) Step R fwd
4-5-6 4-5) Turn ¼ right rocking onto a straight L leg to left for two counts [12:00]; 6) Recover to R

[31-36] 1/8 CROSS, 1/8 BACK, LOCK, 1/8 BACK, 1/8 SIDE, ¼ FWD

1-2-3 1) Turn 1/8 left stepping L across R; 2) Turn 1/8 left stepping ball of R back; 3) Lock L over R
4-5-6 4) Turn 1/8 left stepping R back; 5) Turn 1/8 left stepping L to left; 6) Turn 1/4 left stepping R fwd [3:00]

Note: Steps 31-36 make up a combination of steps called a Viennese Turn.

You are meant to make a gradual ¾ turn left over the 6 steps, traveling toward 3 O'clock..

[37-42] CROSS, SWIVEL, CROSS, SWIVEL

1-2-3 1) Turn 1/8 left stepping L across R [1:00]; 2-3) Swivel/turn ¼ left on ball of L touching R next to L [11:00]
4-5-6 4) Step R across L 5-6) Swivel/turn ¼ right on ball of R touching L next to R [1:00]

[43-48] CROSS, SIDE, SIDE, CROSS, ¼ RIGHT, ¼ RIGHT

1-2-3 1) Step L across R squaring up to 12 O'clock; 2) Step R to right; 3) Step L to left
4-5-6 4) Step R across L; 5) Turn ¼ right stepping L back; 6) Turn ¼ right stepping R to right [6:00]

Enjoy!

