

Running

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Will Craig (USA) - June 2015
音乐: Running - James Bay



Count in: After 32 counts

(1-8) Sweep, Behind Side Cross, Rock and Cross, Side Cross Side, Rock Recover

1 2& Step back on left sweeping R Behind left (1), Step R behind left (2) Step L to left side (&)
3 4& Cross R over left (3), Rock L to left side (4) Recover weight on R (&)
5 6& Cross L over right (5), Step R to right side (6) Cross L over right (&)
7 8& Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

(9-16) Step Left To Left Side, Make ½ Turn Right, Side Cross Side, Rock Recover Sway X3, Side Rock Recover

1 2& Step L to left side (1), Make ½ turn right Stepping R to right (2) Cross L over right (&) (6:00)
3 4& Step R to right side (3) Rock L behind right (4) Recover weight to R (&)
5 6& Sway L (5) Sway R (6) Sway L (&)
7 8& Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

(17-24) Towards the Diagonal Walk X2 Cross, ¼ Turn Back Back Side, Walk X2 ¼ Back, ½

1 2 & Step Diagonal left with L (1) Step Diagonal left with R (2) Cross L over right (&) (5:00)
3 4& Make ¼ turn left stepping back on R (3) (1:00) Step back on L (4) Step back on R
5 6 & Make ¼ turn left stepping L to left side (5) (11:00) Step forward on R (6) Step Forward on L (&)
7 8 Make 1/8 turn left stepping back on R (7) Make ½ turn left stepping forward on L (8) (3:00)

(25-32) ¼ Turn Night Club Basic, Side Coaster Step, Step Lock Step, Rock Recover ¼

1 2& Make ¼ turn left stepping R to right (1) (12:00) Rock L behind right (2) Recover weight R (&)
3 4& Step L to left side (3) Step R back (4) Step L next to right (&)
5 6& Step R forward (5) Step L forward (6) Lock R behind left (&)
7 8& Step L forward (7) Rock R forward (8) Recover weight to L while making ¼ turn left

(33-40) Cross, ¼ ¼ Cross, Side Cross Side, Rock Recover, Side Back Together

1 2& Cross R over left (1) (9:00), Make ¼ turn right stepping L back (2) (12:00), Make ¼ turn right stepping R to right side (&) (3:00)
3 4& Cross L over right (3), Step R to right side (4), Cross L over right (&)
5 6& Step R to right side (5), Rock L behind right (6), Recover weight to R (&)
7 8& Step L to left side (7) Step R back (8) Step L next to right (&)

(41-48) Step, Step Lock Step, Rock ¼ Cross, ¼ turn, ½ turn, Rock Recover

1 2& Step Forward R (1) Step L forward (2) Lock R behind left (&)
3 4& Step L forward (3) Rock R forward (4) Recover weight to L while making a ¼ turn left (&)(12:00)
5 6 Cross R over left (5) Make ¼ turn right stepping L back (6) (3:00)
7 8& Make ½ turn right stepping R forward (7) (9:00) Rock L forward (8) Recover weight to R (&)

RESTART : On the 4th wall Dance 16 counts and restart Facing the 9:00 wall

Last Update - 6th Oct 2015