

Fox On The Run

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Annemaree Sleeth (AUS) & Marie Sørensen (TUR) - November 2015
音乐: Fox On the Run - The Sweet : (Album: The Number One's: Rock It Up)



Intro: 32 Counts

SYNCOPATED ROCKIN` CHAIR, JAZZ BOX CROSS

1-2& Rock fwd. on right, recover , step right next to left
3-4 Rock back on right, recover
5-6 Cross left over right, step back on right
7-8 Step left next to right, cross right over left (12:00)

CHASSE, BACK ROCK, RECOVER, SHUFFLE 1/4 TURN RIGHT, WALK, WALK

1&2 Step left to the left side, step right next to left, step left to the left side
3-4 Rock back on right, recover
5&6 1/4 turn right, step fwd. on right, step left next to right, step fwd. on right
7-8 Walk fwd, left, Walk fwd right (03:00)

CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, SAILOR, CROSS, POINT

1-2& Cross rock Left over Right, recover Right , step Left side
3-4 Cross R over Left, Step L Side
5&6 Step R Behind Left, Step Left Side, Step R Side
7-8 Cross Left Over Right, Point Right Out To Side (03:00)

ROCK RECOVER, ½ R STEP FORWARD, STEP FORWARD, KICK BALL CHANGE, POINT, TOUCH

1-2 Rock Right Forward, Recover Left
3-4 ½ turn Right Step Right Forward, Step Left Forward - # RESTART (9.00)
5&6 Kick Forward Right, Step Back on ball of Right , Step Forward Left
7-8 Point Out To Right Side, Touch In Together (09:00)

TAG After wall 3 & 7 facing 3.00 - After Wall 10 facing 06.00

RIGHT JAZZ BOX BRUSH, REVERSE LEFT JAZZ BOX BRUSH

1 - 4 Cross Right Over Left, Step Back on Right, Step Right Side, Brush Left over Right
5 - 8 Cross Left Over Right, Step Back on Right, Step Left Side, Brush R Forward

RESTART After 28 Counts wall 9 - facing 9.00

Ending Dance to Count 28 and step ¼ R Forward, Step Left Side, Slide R to left over 2 counts ??

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No changes in the stepsheet allowed, without the choreographers permission.

Have Fun!

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