Run Run Run



拍数: 32 墙数: 4 级数: Absolute Beginner

编舞者: Forty Arroyo (USA) - October 2015 音乐: The Little Things - Carlos Bertonatti



** Dedicated to my Senior Gals **

Inspired by the intermediate dance "The Little Things" by Jo Thompson-Szymanski

[1-8] FORWARD TRIPLES R AND L, DIAGONALS - BACK, TOUCH, BACK, TOUCH

1&2	Step R forward; Step L together, Step R forward
3&4	Step L forward; Step R together; Step L forward
5,6	Step back right diagonal, Touch L next to R
7,8	Step back left diagonal, Touch R next to L

[9-16]□REPEAT STEPS 1 THRU 8

1&2	Step R forward; Step L together, Step R forward
3&4	Step L forward; Step R together; Step L forward
5,6	Step back right diagonal, Touch L next to R
7,8	Step back left diagonal, Touch R next to L

[17-24] VINE RIGHT, VINE LEFT WITH 1/4 TURN L,

1-4	Sten R to side	Step L behind R.	Sten R to side	Touch I	next to R
1-4	OLED IN 10 SIDE.	OLED L DEHING IV.	. OLED IN ID SIDE	. I OUGH L	

5-8 Step L to side, Step R behind L, Step forward on L turning 1/4 left, Touch R next to L

[25-32] HIP BUMPS, HIP SWAYS

1,2	Bump hips to right twice
3,4	Bump hips to left twice
5-8	Sway hips – R, L, R, L

RESTART – after the instrumentals (16 counts)

After 8th rotation (you will be at 12:00 o'clock) do the first 16 counts - then start from the beginning.

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