

I'll Keep Running

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Brian Woodford (UK) - March 2016
音乐: Running - James Bay : (Single on iTunes, live from Abbey road Studios 2016)



Intro: 32 Counts.
One Restart during wall 4.

SECTION 1: BASIC N.C., LT LOCK LT, STEP TURN STEP, TURN, TURN.

1,2& Long step rt to side (1), Rock lt behind rt (2), Cross rt over lt (&
3&4 Step lt to lt diag (3), Lock rt behind lt (&), Step lt to lt diag (4) (10:30)
5&6 Step rt to lt diag (5), Turn ½ lt on rt hooking lt to rt ankle (&), Step lt to lt diag (6) (4:30)
7,8 Turn ½ lt stepping back rt (7), Turn ½ lt stepping fwd lt. (4:30)

SECTION 2: MAMBO TURN , TURN, TURN, MAMBO, SAILOR TURN.

1&2 Rock fwd on rt squaring up to 6:00 (1), Replace weight on lt (&), Turn ½ rt stepping fwd on rt (2) (12:00)
3,4 ½ Turn rt stepping back on lt (3)[**DANCE FINISH HERE, SEE NOTE BELOW], ½ Turn rt stepping fwd on rt (4) (12:00)
5&6 Rock fwd on lt (5), Recover weight on rt (&), Step back on lt (6)
7&8& Sweep rt round making ½ turn rt on rt (7), Step lt to side (&), Step rt in place (8), Close lt next to rt (&) (6:00)

[*RESTART HERE ON WALL 4, SEE NOTE BELOW]

SECTION 3: RUN, LUNGE ROCK, CHASE TURN, PRISSY WALK X 2.

1&2 Run fwd rt (1), lt (&), rt (2)
3,4& Lunge fwd on lt (3), Recover weight on rt (4) Step lt next to rt (&
5&6 Step fwd on rt (5), Pivot ½ turn lt (&), Step fwd on rt (6) (12:00)
7,8 Cross lt fwd over rt (7), Cross rt fwd over lt (8)

SECTION 4: CHASSE TURN LT, CROSS UNWIND, CHASSE TURN RT, MAMBO.

1&2 Step lt to side (1), Step rt next to lt (&). Turn ¼ lt stepping lt fwd (2) (9:00)
3,4 Cross rt over lt (3), Unwind ¾ turn lt (4) (12:00)
5&6. Step rt to side (5), Step lt next to rt (&), Turn ¼ rt stepping rt fwd. (6) (3:00)
7&8 Rock fwd on lt (7), Recover weight on rt (&), Step back on lt (8).

SECTION 5: MONTEREY POINT CLOSE, SWAY X 2, SHUFFLE, TURN SHUFFLE.

1&2 Point rt to side (1), Turn ¼ rt stepping rt next to lt (&), Point lt to side (2) (6:00)
&3,4 Close lt next to rt (&), Step rt to side swaying rt (3), Sway lt (4)
5&6 Step rt fwd (5), Step lt next to rt (&), Step rt fwd (6)
7&8 ½ Turn rt stepping back lt (7), Step rt next to lt (&), Step back lt (8) (12:00)

SECTION 6: TURN SHUFFLE, MAMBO, COASTER CROSS, BASIC N.C.

1&2 ½ turn rt stepping fwd on rt (1), Step lt next to rt (&), Step fwd on rt (2) (6:00)
3&4 Rock fwd on lt (3), Recover weight on rt (&), Step back on lt (4)
5&6 Step back on rt (5), Step lt next to rt (&), Cross rt over lt (6)
7,8& Long step side on lt (7), Rock rt behind lt (8), Cross lt over rt (&) (6:00)

Start Again.

RESTART: There is one Restart on wall 4 which starts facing 6:00.
Dance up to count 16&* then Restart from beginning facing 12:00.

FINISH: To finish facing 12:00 last wall 6 which starts facing 6:00. Dance up to count 11** facing 12:00 then

dance a coaster cross [Step back on rt (12), Step lt next to rt (&), Cross rt over lt (13), hold]

Contact: brian.woodford17@btinternet.com
