

Running

拍数: 48 墙数: 4 级数: Improver
编舞者: Adrian Helliker (FR) & Tina Chen Sue-Huei (TW) - March 2016
音乐: Running - Mike Lane



Intro: 8 counts into track

[1-8] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, SIDE, CROSS

1 -2 Tap right heel forward twice to right diagonal
3&4 Step right behind left, step left to left side, cross right over left
5 -6 Tap left heel forward twice to left diagonal
7&8 Step left behind right, step right to right side, cross left over right

[9-16] ¼ RIGHT WALK FORWARD, ¼ TURNING CHASSE, ¼ RIGHT WALK FORWARD, RIGHT SHUFFLE FORWARD

1-2 ¼ turn right stepping right forward (3:00) , step left forward
3&4 ¼ turn right stepping right forward(6:00) , step left beside right, step right forward
5-6 ¼ turn right stepping left forward(9:00), step right forward
7&8 Right shuffle forward, stepping Left-Right-Left

[17-24] POINT FORWARD, STEP BACK, COASTER STEP LEFT, SHUFFLE FORWARDS RIGHT, ½ TURNING SHUFFLE

1-2 point right forward, step back on right
3&4 Step back on left, step right beside left, step left forward
5-6 Forward on right, close left beside right, step forward on right
7&8 ½ Turning shuffle turning right stepping left, right, left (3:00)

[25-32] SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS RIGHT & LEFT

1&2& Rock right to right side, recover onto left, rock right over left, recover onto left
3&4 Rock right to right side, recover onto left, cross right over left weight on right
5&6& Rock left to left side, recover onto right, rock left over right, recover onto right
7&8 Rock right to right side, recover onto left, cross right over left weight on right

[33-40] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, ¼ STEP, FORWARD

1-2 Tap right heel forward twice to right diagonal
3&4 Step right behind left, step left to left side, cross right over left
5-6 Tap left heel forward twice to left diagonal
7&8 Step left behind right, ¼ turn right stepping forward on right, step left forward (6:00)

[41-48] WALK X2, RIGHT KICK BALL, ¼ RIGHT MAMBO FWD, LEFT CROSS MAMBO

1&2 Walk forward right, walk forward left
3-4 Kick right foot forward, step right ball back in place, step left forward
5&6 Rock forward on right, recover back on left, ¼ turn stepping right to right side (9:00)
7&8 Cross rock left over right, recover back on right, step left to left side