

Running EZ

COPPER KNOB
STEPSHETS

拍数: 16 墙数: 4 级数: Beginner NC
编舞者: Elaine Cook (CAN) - June 2016
音乐: Running - James Bay



Intro: 32 Counts - No Tags Or Restarts

[1-8]□□Nightclub, Step ¼ L, Shuffle Forward, Rock Step, Coaster

1-2&3 Step side right, rock back left, recover right, turn ¼ left stepping forward left
4&5 Shuffle forward right, left, right
6-7 Rock forward left, recover right
8&1 Step left back, step right beside left, step left forward

[9-16]□□Sway, Sway, Back Weave 3, Sway Sway, Sway

2-3 Sway right, left
4&5 Step right behind left, step left to side, cross right over left
6-7-8 Sway left, right, left

Choreographer's Notes:

Written for our Beginner dancers as a floor split for Will Craig's Intermediate dance "Running"

Contact: elainecook82@gmail.com