You Run Away



拍数: 32 墙数: 4 级数: Absolute Beginner

编舞者: Maria Grafford (SWE) - October 2016

音乐: Kizunguzungu - SaRaha



Start dancing on the word "Away" (6 seconds)

WALK FORWARD x 3, KICK, WALK BACK x 3, TOUCH

1-2	Walk forward right. Walk forward left

3-4 Walk forward right, kick left forward (and clap hands)

5-6 Walk back left, Walk back right

7-8 Walk back left, Touch right beside left

WALK FORWARD x 3, KICK, WALK BACK x 3, TOUCH

9-10	Walk forward right. Walk forward left
9-10	Walk followard fluitt. Walk followard left

11-12 Walk forward right, kick left forward (and clap hands)

13-14 Walk back left, Walk back right

15-16 Walk back left, Touch right beside left

V-STEPx2

17-18	Step right diagonally forward right, step left diagonally forward left
19-20	Step right back, step left together
21-22	Step right diagonally forward right, step left diagonally forward left
23-24	Step right back, step left together

SWAY RIGHT & LEFT WITH TURNS

25-26	Sway hip to right, Sway hips to left while turning 1/8 to left
27-28	Sway hip to right, Sway hips to left while turning 1/8 to left (9.00)
29-30	Step forward on right, Kick left forward, (and clap hands)
31-32	Step back on left, touch righ back

Start again

Extra:

In the music there is a Bridge of 8 counts, after dancing 4 walls Do the first 8 counts in the dance, and start over

After wall 4, Facing Forward (12.00)

Do the 8 first count of the dance, then start the dance from the beginning again You will then have done 3 set of walking Forward and back before continuing the dance with steps [17-32]

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