

Run To The Water

拍数: 32 墙数: 4 级数: Improver
编舞者: Edwin P Napitu (NL) - October 2016
音乐: Run (Lost Frequencies Radio Edit) - Emma Bale : (amazon, iTunes & Spotify)



Intro: 32 counts - # NO TAG & NO RESTART....

R FORWARD POINT, R SIDE POINT, SIDE POINT SWITCHES, HEEL, HEEL, BACK SHUFFLE

- 1 – 2 R point forward, R point to right side
- &3&4 Step R next to L(&), point L to left side, step L next to R(&), point R to right side
- 5 – 6 R heel twice forward
- 7 & 8 Step R back, step L next to R(&), step R back

L BACK ROCK, STEP, BRUSH, JAZZ BOX ¼ TURN R(TOUCH)

- 1 – 2 Rock L back, recover on R
- 3 – 4 Step L forward, R brush
- 5 – 6 Cross R over L, step L to left side
- 7 – 8 ¼ turn right/step R to right side, touch L next to R(03:00)

L CHASSE, R BACK ROCK, R CHASSE, L BACK ROCK

- 1 & 2 Step L to left side, step R next to L(&), step L to left side
- 3 – 4 Rock R behind L, recover on L
- 5 & 6 Step R to right side, step L next to R(&), step R to right side
- 7 – 8 Rock L behind R, recover on R

L PIVOT ½ TURN R, STEP, R HITCH, BACK WALKS(R,L), R BACK ROCK

- 1 – 2 Step L forward, pivot ½ turn right
- 3 – 4 Step L forward, R hitch
- 5 – 6 Step back on R,L
- 7 – 8 Rock R back, recover on L(09:00)

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Just dance & have Fun!
