

Time To Run

拍数: 32 墙数: 2 级数: Newcomer / Novice
编舞者: Giuseppe Ferandi (IT) - January 2017
音乐: Better Times a Comin - Derek Ryan



Sect. 1: touch fwd back – shuffle fwd diag. right – touch fwd back – shuffle fwd diag. left

- 1 – RF heel touch fwd
- 2 – RF toe touch back
- 3 – RF step fwd diagonally right
- & - LF step beside right
- 4 - RF step fwd diagonally right
- 5 – LF heel touch fwd (12.00)
- 6 – LF toe touch back
- 7 – LF step fwd diagonally left
- & - RF step beside left
- 8 – LF step fwd diagonally left

Sect. 2: Step ½ turn left – step x3 – kick ball touch side – kick ball touch

- 1 – RF step fwd (12.00)
- 2 – ½ turn left (6.00)
- 3 – RF step fwd
- & - LF step fwd
- 4 – RF step fwd
- 5 – LF kick
- & - LF step in place carrying the weight
- 6 – RF toe touch side
- 7 – RF kick
- & - RF step in place carrying the weight
- 8 – LF toe touch beside right

Sect. 3: Touch side – coaster step – touch side – coaster step

- 1 – LF toe touch side
- & - LF toe touch beside right
- 2 – LF toe touch side
- 3 – LF step back
- & - RF step beside left
- 4 – LF step fwd
- 5 – RF toe touch side
- & - RF touch beside left
- 6 – RF toe touch side
- 7 – RF step back
- & - LF step beside right
- 8 – RF step fwd

Sect. 4: Mambo step – coaster step – full turn – shuffle fwd

- 1 – LF step fwd
- & - RF recover weight
- 2 – LF step back
- 3 – RF step back
- & - LF step beside right
- 4 – RF step fwd

- 5 – LF ½ turn right & step back (12.00)
- 6 – RF ½ turn right & step fwd (6.00)
- 7 – LF step fwd
- & - RF step beside
- 8 – LF step fwd

Restart: wall 4 after 16 counts

Tag 1 (2 counts) at the end of the wall 2

Tag 2 (2 counts) at the end of the wall 5 (the wall after the Restart)

Tag (2 counts)

(1) RF touch heel fwd (2) – RF touch toe back

Contact: beppeferandi.gf@alice.it
