

Run For Cover

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sherry Boatright (USA) - January 2017
音乐: Run for Cover - Sonja Grier



Intro: 32 counts after 3 beats following the monologue

Tag: 32 count Tag at the beginning of wall seven, facing 6:00

Section 1: Walk Forward, Heel, Walk Back, Coaster

1-4 Walk forward RLR, left heel forward
5-6 Walk Back LR
7&8 Step L back, R back, L forward

Section 2: Rock Forward, Triple Back x 2, Rock Back

1-2 Rock R forward, recover L
3&4 Triple back RLR (alternative: Sailor Steps back)
5&6 Triple back LRL (alternative: Sailor Steps back)
7-8 Rock back on R recover on L

Section 3: Toe Heel hip Bumps Forward x 2, ¼ Jazz Box Turn to R

1&2 R toe forward, bump R hip to the R, heel down
3&4 L toe forward, bump L hip to the L, L heel down
5-8 Cross R over L, step back on L, step R to R side making ¼ turn R, Step L slightly forward

Section 4: Out Out (V step) , In In, Step, Chest Pops

1-4 Step R diagonally forward, step L to L side, step R diagonally back, Step L together
5 Step R to R side
6-7-8 Pop Chest out x 3

TAG: 32 ct Tag: facing 6:00 on wall 7

1-4 Walk forward RLR, kick left forward
5-8 Walk back LRL, touch R beside L

Repeat 2 more times for 24 counts.

1-4 step R diagonally forward, step L to L side, step R diagonally Back, step L together
5 step R to R side
6-7-8 Pop Chest x 3

Start Again

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