

No More Runnin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Helen Woods (USA) - April 2017
音乐: Runnin' - Pharrell Williams : (Album: Hidden Figures: The Album - 3:36)



#8 count intro (7 irregular beats), support on left

SECTION 1: □STEP, TOGETHER BACK, TOGETHER, STEP, STEP, TOGETHER BACK, TOGETHER, STEP (12:00)

- 1 Step right forward
- 2& Step left together, step right back
- 3 Step left together
- 4 Step right forward
- 5 Step left forward
- 6& Step right together, step left back
- 7 Step right together
- 8 Step left forward (12:00)

SECTION 2: STEP (TURN ½ LEFT), REPLACE TOGETHER, STEP, STEP, ROCK, RECOVER, TOGETHER, ROCK, RECOVER (6:00)

- 1 Step right forward then turn ½ left (6:00)
- 2& Replace left, step right together
- 3 Step left forward
- 4 Step right forward
- 5 Rock left forward
- 6& Recover right, step left together
- 7 Rock right back
- 8 Recover left (6:00)

SECTION 3: □STEP, LOCK STEP, STEP, LOCK STEP, STEP (TURN ½ LEFT), REPLACE, STEP (TURN ¼ LEFT), REPLACE (9:00)

- 1 Step right diagonally forward
- 2& Lock left behind right, step right diagonally forward
- 3 Step left diagonally forward
- 4& Lock right behind left, step left diagonally forward
- 5 Step right forward then turn ½ left (12:00)
- 6 Replace left
- 7 Step right forward then turn ¼ left (9:00)
- 8 Replace left (9:00)

SECTION 4: □CROSS, BACK SIDE, STEP, STEP (TURN ½ RIGHT), BACK (TURN ½ RIGHT), STEP TOGETHER, STEP, STEP (9:00)

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4 Step right forward then turn ½ right (3:00)
- 5 Step left back then turn ½ right (9:00)
- 6& Step right forward, step left together
- 7 Step right forward
- 8 Step left forward (9:00)

REPEAT

ENDING: During 15th rotation replace Section 4 with the following section

ENDING SECTION 4: □CROSS, BACK SIDE, STEP, STEP (TURN ¼ LEFT) CROSS (12:00)

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4& Step right forward then turn ¼ left, step left across right (12:00)

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