

East Coast Run

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doc Rosser (UK) & Debz Rosser (UK) - June 2017
音乐: East Coast Run - The Diablos : (Album: The Very Best of The Diablos)



#32 count intro

[1-8] □ Right point, touch, heel, hook heel, hook, stomp, Left point, touch, heel, hook, heel, hook, stomp

- 1&2& Point right toe to right side, touch right toe next to left, touch right heel, forward, hook right heel in front of left
- 3&4 Touch right heel forward, hook right heel in front of left, stomp right foot forward
- 5&6& Point left toe to left side, touch left toe next to right, touch left heel forward, hook left heel in front of right
- 7&8 Touch left heel forward, hook left heel in front of right, stomp left foot forward

[9-16] □ Right shuffle, left shuffle, rock, recover, shuffle ½ turn (right)

- 1&2 Step forward right, close left next to right, step forward right
- 3&4 Step forward left, close right next to left, step forward left
- 5,6 Rock forwards on right, recover on left
- 7&8 Step right foot forwards (turning ½ turn to right), close left next to right, step right forwards

[17-24] □ Left point, touch, heel, hook heel, hook, stomp, Right point, touch, heel, hook, heel, hook, stomp

- 1&2& Point left toe to left side, touch left toe next to right, touch left heel forward, hook left heel in front of right
- 3&4 Touch left heel forward, hook left heel in front of right, stomp left foot forward
- 5&6& Point right toe to right side, touch right toe next to left, touch right heel forward, hook right heel in front of left
- 7&8 Touch right heel forward, hook right heel in front of left, stomp right foot forward

[25-32] □ Left shuffle, right shuffle, rock, recover, ¼ left shuffle

- 1&2 Step forward left, close right next to left, step forward left (bridge here on walls 3&4)
- 3&4 Step forward right, close left next to right, step forward right
- 5,6 Rock forwards on left, recover on right
- 7&8 Step left foot to left side (turning ¼ turn to left), close right next to left, step left foot to left side

[33-40] □ Right cross shuffle, back left shuffle, ¼ turn right shuffle, left mambo ½ turn

- 1&2 Cross right foot in front of left, bring left beside right, cross right in front of left
- 3&4 Step back on left foot, close right beside left, step back on left foot
- 5&6 Step right forwards (turning ¼ turn to right), close left next to right, step forwards right
- 7&8 Rock forwards left, recover right, step forward on left (turning ½ to left)

[41-48] □ Right heel jack, left heel jack, right rock, recover, triple full turn

- 1&2& Cross right over left, step left to left side, touch right heel forwards, step right next to left
- 3&4& Cross left over right, step right to right side, touch left heel forwards, step left next to right
- 5,6 Rock forwards on right, recover on left
- 7&8 Step right forwards (making ½ turn to right), step left to left side (making ¼ turn right), step right forward (making ¼ turn right)

[49-56] □ Left toe, heel stomp, right toe heel, stomp, kick, right coaster step, left mambo ½ turn

- 1&2& Touch left toe beside right, scuff left heel, stomp left foot forward, touch right toe beside left,
- 3&4 Scuff right heel, stomp right foot forward, kick right
- 5&6 Step back on right, step back on left, step forward right
- 7&8 rock forward on left, recover onto right, step forward on left (making ½ turn to left)

[57-64] □ Right toe, heel stomp, left toe heel, stomp, kick, left coaster step, run right, left, right, left

1&2& Touch right toe beside left, scuff right heel, stomp right foot forward, touch left toe beside right,
3&4 Scuff left heel, stomp right forward, kick left
5&6 Step back left, step back right, step forward left
7&8& Run forward right, left, right, left

Bridge (on walls 3 & 4)

Replace counts 27 - 32 (after left shuffle) with:

1,2 step forward on right foot, $\frac{1}{4}$ pivot turn to left

Then continue dance from count 33 (right cross shuffle)

End: At end of final wall (wall 5), replace runs with "step right forward, $\frac{1}{2}$ pivot turn to left"

(This will bring you back to 12 o'clock wall)

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