Runnin' Around

拍数: 32 **墙数:** 4 **级数:** Improver

编舞者: Roger Neff (USA) - August 2017

音乐: Runnin' Around - Colbie Caillat

Restart: after 16 counts of rotation 4 facing 9:00
Tag: 1x 8-count Tag at end of 7th full rotation facing 9:00

Intro: 32 counts

[1-8] STEP R, L BEHIND R, SIDE SHUFFLE, L OVER R, STEP ON R, ROCK BACK ON L, RECOVER ON R

1-2,3&4	Step R, Step L behind R, Step R, Step L beside R, Step R
5-6-7-8	Step L over R, Step R, Rock back on L (on diagonal), Recover on R

[9-16] STEP L, STEP R BEHIND L, TRIPLE STEP TURNING ¼ TO L (9:00), STEP FORWARD ON R, TURN ¾ OVER L SHOULDER, STEP ON L, TAP R (12:00)

1-2,3&4	Step L, Step R behind L, Triple step L,R,L turning ¼ to L (9:00)
5-6-7-8	Step forward on R (5), Turn ¾ over L shoulder (6), Step on L, Tap R toe beside L (12:00)

****** To avoid the ¾ turn in this section:**
Step L, Step R behind L, Side shuffle, Step R over L, Tap L beside R, Step L, Tap R beside L

[17-24] VINE R WITH TRIPLE STEP TURNING ¼ TO R, STEP FORWARD, PIVOT ½ TO R, SHUFFLE FORWARD (9:00)

1-2,3&4	Step R, Step L behind R, Triple step R,L,R turning ¼ to R,
5-6,7&8	Step forward on L, Pivot ½ to R, Shuffle forward L,R,L (9:00)

[25-32] ¼ TURNS TO L X 2 (3:00), JAZZ BOX WITH CROSS

1-2-3-4	Step forward on R, Turn ¼ to L and shift weight to LF, Step forward on R, Turn ¼ to L and shift weight to LF (3:00)
5-6-7-8	Step R over L, Step back on L, Step R, Step L over R

NOTE: For dancers who want more Runnin' Around in this dance, in place of the last 4 counts, do two pivots for a full turn: Step forward on R, Pivot ½ over L shoulder, Repeat.

RESTART: Restart dance after 16 counts on rotation 4. You will be acing 9:00.

TAG: On 7th full rotation (do not count the rotation with the restart), add the following Tag.
You will be facing 9:00.

1-2-3-4	Rocking chair: Rock forward on R, Recover on L, Rock back on R, Recover on L
5-6-7-8	Jazz Box with Cross: Step R over L, Step back on L, Step R, Step L over R

To finish the dance: The music simply fades toward the end, so to end the dance facing 12:00, make wall 11, which begins facing 6:00, the final rotation and change the final jazz box to a turning jazz box stepping forward on the final count.

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