

Run Run Rudolph

COPPERKNOB
BYEPOSTETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Conrad Farnham (USA) - December 2017
音乐: Run Run Rudolph - Kelly Clarkson



S1: HEEL, TOE, HEEL SWIVELS RIGHT, HOLD, REPEAT LEFT

1-4 Swivel heels out to right, swivel toes out to right, swivel heels out to right, hold
5-8 Swivel heels out to left, swivel toes out to left, swivel heels out to left, hold

S2: HEEL SWIVELS RIGHT, HOLD, HEEL SWIVELS LEFT, HOLD, REPEAT

1-4 Swivel heels out to right, hold, swivel heels out to left, hold
5-8 Swivel heels out to right, hold, swivel heels out to left, hold

S3: WALK FORWARD, RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH RIGHT

1-4 Walk forward right, left, right, kick left forward
5-8 Walk back left, right, left, touch right back

S4: WALK FORWARD, RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH RIGHT

1-4 Walk forward right, left, right, kick left forward
5-8 Walk back left, right, left, touch right back

S5: HIP ROLLS LEFT FINISHING WITH ¼ TURN LEFT

1-4 Roll hips left
5-8 Roll hips left finishing with ¼ turn left

S6: RIGHT ROCKING CHAIR, ½ PIVOTS LEFT X 2

1-4 Rock right forward, recover weight on left, rock back right, recover weight on left
5-8 Step right forward, pivot ½ turn over left shoulder, repeat

Begin again

No Tags, No Restarts
