

Runnin Around (P)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 0 级数: Beginner Partner
编舞者: Stephen Pistoia (USA) - March 2018
音乐: Runnin' Around - Sons of the Palomino : (iTunes)



Intro: 32 counts

Side by side position. Man's FT. work described. Woman same.

(1-8) RHUMBA BOX

1-2 step R to R side – step L together with R
3-4 step R back – pause on 4 as you slide L to R
5-6 step L to L side – step R together with L
7-8 step L forward – touch R to L

(9-16) R SHUFFLE, L SHUFFLE, ROCK FORWARD ROCK BACK

1&2 step RF forward – step LF next to RF - step RF forward
3&4 step LF forward – step RF next to LF – step LF forward
5-6 rock RF forward – recover on LF
7-8 rock RF backwards – recover on LF

(17-24) STEP LOCK STEP SCUFF X 2

1-2 step RF forward – step LF up behind RF
3-4 step RF forward – scuff LF lifting into air
5-6 step LF forward – step RF up behind LF
7-8 step LF forward – scuff RF lifting into air

(25-32) JAZZ BOX STEP PIVOT ½ , STEP PIVOT ½

1-2 cross RF over LF – step LF out to LT
3-4 step RF to RT – step LF next to RF
5-6 step RF forward – pivot ½ turn LF (drop the right hands here)
7-8 repeat 5-6 Enjoy!

Thank you Holly & Bruce for helping with demo and being silly with us

Any questions contact me @ pistoias@ymail.com