

Run

拍数: 64 墙数: 2 级数: Advanced
编舞者: Joshua Talbot (AUS) - May 2018
音乐: Run - Leona Lewis : (Album: Spirit)



#16 count introduction

WEAVE L, BEHIND, ¼ R, FULL TURN, FWD, REPLACE, BACK, TOUCH ½, ½ BACK

- 1&2 Cross R over L, step L to L, step R behind L sweeping L from front to back
3&4& Step L behind, ¼ turn R step R fwd, ½ turn R step L back, ½ turn R step R fwd (3 o'clock)
5&6&7 Rock L fwd, replace weight R, step L back, touch R toe back
8&1 ½ turn R taking weight R, ½ turn R step L back, rock R back (3 o'clock)

REPLACE, SHUFFLE FWD, CROSS, REPLACE, BEHIND, ¼ FWD, ½ BACK, ½ FWD

- 23&4 Recover weight L, 1/8 L step R fwd, step L together, step R fwd (1.30 o'clock)
5 6 ¼ R hitching L knee over R rocking L over R, recover weight R sweeping L from front to back (4.30 o'clock)
7&8& Straighten to 3 o'clock step L behind R, ¼ R step R fwd, ½ R step L back, ½ R step R fwd (6 o'clock)

½ PIVOT, R LOCK SHUFFLE BACK, BACK, REPLACE, CROSS WALKS

- 1&2 3&4 Step L fwd, ½ R taking weight R, step L fwd, Step R back, cross L over R, step R back (12 o'clock)
5678 Rock L back, recover weight R, cross step L over R, cross step R over L

CROSS ROCK X3, 1 ½ TRIPLE

- 12&34& Cross rock L over R, recover weight R, step L to L, Cross rock R over L, recover weight R, step R to R
5 6 Cross rock L over R, recover weight R
7&8 & ¼ L step L fwd, ½ L step R back, ½ L step L fwd*, ¼ L step R to R (6 o'clock)

ROCK BACK, RECOVER, SHUFFLE FWD, ½ HITCH, ½ PIVOT, BACK, BACK

- 123&4 1/8 L rock L back, recover weight R, step L fwd, step R together, step L fwd (4.30 o'clock)
&5 6 On ball of L foot Hitch R making ½ L, step R fwd, ½ L keeping weight on R (Pivot) (4.30 o'clock)
&7 8 Step L back, rock R back, recover weight L

SAMBA, CROSS, ½ SIDE, SAMBA, CROSS, ¾ SWEEP

- 1&2 (Straighten up to 6 o'clock) Cross R over L, rock L to L, step R in place
3&4 Cross L over R, ¼ L step R back, ¼ L step L to L
5&6 Cross R over L, rock L to L, step R in place
7&8 Cross L over R, ¼ L step R back, ½ L step L fwd sweeping R from back to front (3 o'clock)

CROSS, BACK, BACK, CROSS, BACK, ½, ½ PIVOT x2, FWD, TOGETHER, BACK, TOGETHER

- 1&2 Cross R over L, step L back to L diagonal, step R back
3&4 Cross L over R, step R back to R diagonal, ½ L step L fwd (9 o'clock)
5&6& Step R fwd, ½ L taking weight L, step R fwd, ½ L taking weight L
7&8& Step R fwd, step L together, step R back, step L together

CROSS ROCK, RECOVER, CROSS ROCK, RECOVER, ROCK FWD, RECOVER, ½, ¼ PIVOT, TOGETHER

- 1 2&3 4& Rock R over L, recover weight L, step R to R, Rock L over R, recover weight R, step L to L

5 6&7 8& Rock R fwd, recover weight L, ½ R step R fwd, Step L fwd, ¼ R taking weight R, step L together (6 o'clock)

***Restart: on wall 3 & 5: Dance to count 32 replacing the 1 ½ triple with a full turn triple, then sweep R over to start again**

Finish: Slow down with the music and finish with a full turn triple to the Left and cross R over L.

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