

# Runa

拍数: 32      墙数: 4      级数: Easy Improver  
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音乐: Runa - Vanotek : (CD: No Sleep)



## #32 counts intro

### S1 – HEEL GRIND, R TRIPLE BACK, BACK ROCK, KICK BALL POINT

1-2            Step right heel forward – grind right heel stepping back on Lf  
3&4           Step Rf back – step Lf beside Rf – step Rf back  
5-6           Rock back on Lf – recover onto Rf  
7&8           Kick Lf forward – step ball of Lf next to Rf – point Rf to right side

### S2 – CLOSE, MONTEREY ¼ TURN L, FLICK, POINT, BEHIND SIDE CROSS

1-2            Close Rf next to Lf – point Lf to left side  
3-4            Turn 1/4 left stepping Lf next to Rf – point Rf to right side (9:00)  
5-6            Flick right heel behind left leg – point Rf to right side  
7&8            Step Rf behind Lf – step Lf to left side – cross Rf over Lf

### S3 – SIDE ROCK, TRIPLE IN PLACE, SWAY R/L/R/L

1-2            Rock Lf to left side – recover onto Rf  
3&4            Step Lf next to Rf – step Rf in place – step Lf in place  
5-6            Step Rf to right side with sway hips to right – sway hips to left  
7-8            Sway hips to right – sway hips to left (weight on Lf)

### S4 – BEHIND, SIDE, CROSS TRIPLE, HINGE ½ TURN R, TRIPLE FWD

1-4            Step Rf behind Lf – step Lf to left side  
3&4            Cross Rf over Lf – step Lf to side – cross Rf over Lf  
5-6            Turn 1/4 right stepping back on Lf – turn 1/4 right stepping Rf to right side (6:00)  
7&8            Step Lf forward – step Rf beside Lf – step Lf forward

**End : the last wall finishes facing 9:00, just add a Heel Grind with 1/4 turn right to finish facing 12:00**

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)  
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.