

Run Like The River

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Dwight Meessen (NL) - August 2019
音乐: Run Like the River - Meghan Trainor : (Album: Run Like The River)



Intro 16 counts

Side, Together, Chassé, Behind, Side, Cross, Point

1-2 RF step side, LF together
3&4 RF step side, LF together, RF step side
5-8 LF cross behind, RF step side, LF cross over, RF point side

Jazz Box ¼ R Cross, Jump Touch, Hips, Jump Touch, Hips

1-4 RF cross over, LF ¼ right step back, RF step side, LF cross over
&5&6 RF jump side, LF touch beside, hips left, hips back again
&7&8 LF jump side, RF touch beside, hips right, hips back again
option 5&6 and 7&8 on the words 'Run Like The River': bring hands and hips forward in a wavy motion

Back x2, Coaster, Fwd x2, Point x2

1-2 RF step back, LF step back
3&4 RF step back, LF together, RF step forward
5-6 LF step forward, RF step forward
7-8 LF point forward, LF point back

Rock Fwd Recover, Shuffle Bkw, Ball Rock Side Recover, Behind Side Cross

1-2 LF rock forward, RF recover
3&4 LF step back, RF step beside, LF step back
&5-6 RF step beside on ball foot, LF rock side, RF recover
option 5-6 on the words 'Run Like The River': bring hands and hips left and back again in a wavy motion
7&8 LF cross behind, RF step side, LF cross over [3]

Start again

Restarts: Dance the 2nd and 5th wall up to and including count 16 (count 8 of the 2nd section) and start again
