

Running Man

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Sabine Stalder & Alice Berini (CH) - August 2019
音乐: Running Man - Ollie Gabriel : (iTunes)



Count In: 16 counts

#1: 4x: Side, Touch With ¼ Turn; Touch, Touch, Triple Step

- 1 & 2 & Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right 06:00
3 & 4 & Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right 12:00
5 - 6 Touch L forward in R diagonal, touch L back 01:30
7 & 8 Step forward on L, close R behind L, step forward on L 01:30

#2: Step ½ Turn, 3x Run, Step ½ Turn, 1/8 Turn, Touch

- 1 - 2 Step R forward in R diagonal, ½ turn left (weight on L) 07:30
3 & 4 Run forward on R, L, R 07:30
5 - 6 Step L forward, ½ turn right (weight on R) 01:30
7 - 8 Step L to left side with 1/8 turn right, touch R next to L 03:00

#3: Step, ½ Turn, Coaster Step, 3x Step Touch, Point

- 1 - 2 Step forward on R, ½ turn left weight ends on R 09:00
3 & 4 Step back on L, close R next to L, step forward on L 09:00
5 & 6 & Step forward on R, touch L next to R, step forward on L, touch R next to L 09:00
7 & 8 & Step forward on R, touch L next to R, point L to left side, close L next to R 09:00

#4: Monterey ½ Turn, Hitch And Heel And Step, Mambo 1/8 Turn Cross

- 1 - 2 Point R to right side, drag R towards L making ½ turn right 03:00
3 - 4 Point L to left side, hitch left next to right in R diagonal 04:30
& 5 & 6 Step down on L, tap R heel forward, close R next to L, step forward von L 04:30
7 & 8 Step R to right side, transfer weight on L, cross R over L with 1/8 turn left 03:00

Contact: www.break-ranks.ch - step-out@break-ranks.ch