

Don't Come Running

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: LTD Tucker (BEL) & Gaye Teather (UK) - March 2020
音乐: Don't Come Running Back to Me No More - Shaun Loughrey



(16 count intro)

No tags, restarts, bridges etc. Just dance and enjoy!

Track available from iTunes, Amazon, Spotify etc

Mambo forward. Back lock step. Coaster step Heel struts forward x 2

1&2 Rock forward on Right. Recover onto Left. Step back on Right
3&4 Step back on Left. Lock Right over Left. Step back on Left
5&6 Step back on Right. Step Left beside Right. Step forward on Right
7&8& Step Left heel forward. Drop Left toes to floor. Step Right heel forward. Drop Right toes to floor

Toe-heel-stomp x 2. Step. Pivot quarter turn Right. Cross shuffle

1&2 Touch Left toe beside Right. Touch Left heel beside Right. Stomp forward on Left
3&4 Touch Right toe beside Left. Touch Right heel beside Left. Stomp forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right (3 o'clock)
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

Side rock. Recover. Right & Left Vaudeilles. Together. Cross rock. Recover

1 – 2 Rock Right to Right side. Recover onto Left
3&4& Cross Right over Left. Step back on Left. Touch Right heel diagonally forward Right. Step Right beside Left
5&6& Cross Left over Right. Step back on Right. Touch Left heel diagonally forward Left. Step Left beside Right
7 – 8 Cross rock Right over Left. Recover onto Left

Toe struts back x 2. Coaster step. Step. Pivot quarter turn Right. Cross. Touch out. Touch in. Heel forward.

Hook

1& Sweeping Right foot from front to back step Right toes back. Drop Right heel to floor
2& Step Left toes back. Drop Left heel to floor
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5&6 Step forward on Left. Pivot quarter turn Right. Cross Left over Right. (6 o'clock)
7&8& Touch Right toes to Right side. Touch Right beside Left. Touch Right heel forward. Hook Right in front of Left

Start again