

Run

拍数: 32 墙数: 2 级数: Beginner
编舞者: Regina Hayes (USA) - May 2020
音乐: "Run" by Hillsong



Begin 32 beats after drum intro, with vocals.

[1-8] Rocking chair, mambo, hold

1-4 R rock forward, recover L, R rock back, recover L
5-8 R rock to R side, recover L, R step beside L, hold

[9-16] Rocking chair, mambo, hold

9-12 L rock forward, recover R, L rock back, recover R
13-16 L rock to L side, recover R, L step beside R, hold

[17-24] Toe struts, V-step

17-20 R toe forward, drop heel, L toe forward, drop heel
21-24 R step out, L step out, R step in, L step in

[25-32] 1/4 pivot x2

25-28 R step forward, hold, pivot 1/4 L, hold (9:00)
29-32 R step forward, hold, pivot 1/4 L, hold (6:00)
