

Kiss and Run

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jean-Pierre Madge (CH) & Amanda Rizzello (FR) - August 2020
音乐: This is Us - Jimmie Allen & Noah Cyrus



#16 Count Intro

Rock Fwd, Close, Rock Back, Full Turn, Sweep, Weave & Rock Back, ¼ turn Step Back

- 1-2& Rock LF fwd, Recover weight on to R, close LF next to RF
3-4& Rock RF back, Recover weight on to L, ½ turn L stepping RF back
5-6& ½ turn L Stepping LF fwd and sweeping RF, Cross RF over L, LF to L side
7-8& Rock RF back (open body to 1:30), Recover weight on to L, ¼ turn L stepping RF back

¼ turn Sweep, Weave & Sweep, Behind, Forward, Rocking Chair, Step Spiral, Run X2

- 1-2& ¼ turn L Stepping LF to L side sweeping RF, Cross RF over L, LF to L side,
3-4& Step RF behind L sweeping LF, Step LF behind R, 1/8 turn R Step RF fwd (7:30)
5&6& Rock LF fwd, Recover weight on R, Rock LF back, Recover weight on R (7:30)
7-8& Step LF fwd making full spiral turn to R (keeping weight on L), Step RF fwd, Step LF fwd (7:30)

1/8 turn Sweep, Cross, ¼ turn Step Back, Step Back X2, ¼ turn Step side, Touch side X2, Drag, ¼ turn Run X2

- 1-2& 1/8 turn R Step RF slightly fwd Sweeping LF (9:00), Cross LF over R, ¼ turn L stepping RF back (6:00)
3-4& Step LF back, Step RF back, ¼ turn L stepping LF to L side (3:00)
5&6& Touch RF to R side (Open R arm to R face palm facing front), close RF next to LF Touch LF to L side (Open L arm to L face palm facing front), transfer weight on L
7-8& Drag RF next to LF Keeping weight on L (Bring both arm across your chest like you are hugging yourself), ¼ turn R stepping RF fwd (6:00), Step LF fwd

Prep, ½ L, Full turn, Walk, Step ½ turn step, Step Spiral, Run X2

- 1-2& RF fwd as you prep body to R, ½ turn L stepping LF fwd, ½ Left stepping RF back
3-4 ½ turn Left stepping LF fwd, Step RF fwd
5&6 Step LF fwd, ½ turn R recover on RF, Step LF fwd
7-8& Step RF fwd making full spiral to L (Keeping weight on R), Step LF fwd, Step RF fwd

TAG : After wall 2 (facing 12:00)

WALK X2

- 1-2 Walk L fwd, Walk R fwd

Enjoy :)

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