

Runnin' Behind

拍数: 48 墙数: 4 级数: Beginner
编舞者: Jennie Berry (AUS) - January 2021
音乐: Runnin' Behind - Tracy Lawrence : (Album: The Very Best Of Tracy Lawrence)



#16 Count Intro

Section 1 LOCK STEP FORWARD TOUCH, LOCK STEP FORWARD TOUCH.

- 1.2.3.4 Step right forward, lock step left behind right, step right forward scuff left forward.
5.6.7.8 Step left forward, lock step right behind left step left forward, touch right beside left. (12.00)

Section 2 DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT. HIPS: RIGHT LEFT RIGHT LEFT.

- 1.2 Step right to right side, push hips right, push hips right.
3.4 Push hips left, push hips left
5.6 Push hips right, push hips left.
7.8 Push hips right, push hips left take weight onto left. (12.00)

Section 3 VINE RIGHT, VINE LEFT ¼ TURN.

- 1.2.3.4 Step right to side, step left behind right step right to side touch left beside right.
5.6.7.8 Step left to side, step right behind left turn 90 degrees left touch right beside left. (9.00)

Section 4 PADDLE ¼ PADDLE ¼ ROCKING CHAIR

- 1.2 Paddle; step right forward, paddle 90 degrees left, take weight onto left.
3.4 Paddle; step right forward, paddle 90 degrees left, take weight onto left.
5.6.7.8 Step forward on right, rock back on left, rock back on right, rock forward on left. (3.00)

Section 5 STOMP, HEEL TOE HEEL, STOMP, HEEL TOE HEEL.

- 1.2 Stomp right forward 45 degrees right, twist left heel towards right
3.4 Twist left toe towards right, twist left heel towards right.
5.6 Stomp left forward 45 degrees left, twist right heel towards left.
7.8 Twist right toe towards left, twist right heel towards left. (3.00)

Section 6 BACK TOUCH BACK TOUCH. BACK TOUCH BACK TOUCH

- 1.2.3.4 Step right back touch left beside right, step left back touch right beside left.
5.6.7.8 Step right back touch left beside right, step left back touch right beside left. (3.00)

[48B] BEGIN AGAIN

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