

Run VIP

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - July 2022
音乐: Run (Galantis & Misha K VIP Mix) - Becky Hill, Galantis & Misha K : (Amazon / Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

[S1] Fwd Shuffle, Paddle Turn 1/4R-Cross, 1/4L Back-Lock-Back, 1/2L-Side Rock

1&2 Shuffle forward on R-L-R
3&4 Touch forward on L, Make a 1/4 turn right recover weight on R, Cross L over R (3:00)
5&6 Making a 1/4 turn left stepping back on R, Lock/step L across R, Step back on R (12:00)
7&8 Make a 1/2 turn left step forward on L, Rock R to the side, Replace weight on L (6:00)

[S2] Cross Anchor, Tap-Ball-Back, Cross Anchor, Tap-Ball-Together

1&2 Cross (anchor step) R over L, Replace/step L behind R, Cross R over L
3&4 Tap L behind R, Ball step back on L, Step back on R
5&6 Cross (anchor step) L over R, Replace/step R behind L, Cross L over R
7&8 Tap R behind L, Ball step back on R, Step L next to R

[S3] Step-Lock-Step, 1/4L Step-Lock-Step, Cross-Side-Behind Rock-3/4L Spiral-Kick-Ball-

1&2 Step forward on R, Lock/step L behind R, Step forward on R
3&4 Making a 1/4 turn left stepping forward on L, Lock/step R behind L, Step forward on L (3:00)
5&6& Cross R over L, Step L to the side, Rock R behind L, Replace weight on L
7 8& Step R to the side and making a quick 3/4L spiral turn, Kick forward on L, Ball step L in place (6:00)

[S4] -Fwd, Side, Turning Coaster Step, Step-Pivot 1/2R-Triple Full Turn

1 2 - Step forward on R, Step L to the side
3&4 Make a 1/4 turn right stepping back on R, Step L next to R, Step forward on R (9:00)
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (3:00)
7&8 R full triple turn on the spot L-R-L (3:00)

No tags or restarts

Ending Suggestion: The last wall starts facing 3:00. Dance up to S2 count 5&6. Then, Make a 1/4 turn right shuffle forward on R-L-R (12:00)

(updated: 4/Jul/22)