

Runtah

拍数: 52 墙数: 4 级数: High Beginner
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音乐: Runtah - Azmy Z



No Tag, No Restart

Sequence : A-A-B-B-B-B-A-A-B-B-B-B

Intro 36 count

A. 52 count

Sec 1. FORWARD SHUFFLE-WALK IN PLACE.

1&2, 3&4 Step R forward, step L together, step R forward, step L forward, step R together, step L forward.

5-8 Walk in place (R-L-R-L)

Sec 2. SIDE CHASSE-1/4 TURN-FORWARD-1/2TURN-1/4 TURN-SIDE CHASSE-1/4 TURN FORWARD-1/2TURN.

1&2, 3-4 Step R to side, step L together, step R to side, 1/4 turn to right step L forward(03.00), 1/2 turn to right step R in place(09.00)

5&6, 7-8 1/4 turn to right step L to side(12.00), step R together, step L to side, 1/4 turn to left step R forward(09.00), 1/2 turn to left step L in place(03.00)

Sec 3. 1/4 PIVOT-1/4 PIVOT-JAZZ BOX

1-4 step R forward, 1/4 turn to left step L in place(12.00), step R forward, 1/4 turn to left step L in place. (09.00)

5-8 Cross R over L, step L back, step R to side, step L together.(09.00)

Sec 4. FORWARD ROCK-TOGETHER-HOLD-FORWARD ROCK-TOGETHER-HOLD

1-4 Rock R forward, recover on L, step R together, hold.

5-8 Rock L forward, recover on R, step L together, hold.(09.00)

Sec 5. FORWARD SUFFLE (R-L-R-L)

1&2, 3&4 Step R forward, step L together, step R forward, step L forward, step R together, step L forward.

5&6, 7&8 Repeat 1&2, 3&4

Sec 6. 1/4 PIVOT (4X)

1-2 Step R forward, 1/4 turn to left step L in place(06.00)

3-4 Step R forward, 1/4 turn to left step L in place(03.00)

5-6 Step R forward, 1/4 turn to left step L in place(12.00)

7-8 Step R forward, 1/4 turn to left step L in place(09.00)

Sec 7. JAZZ BOX-TOGETHER

1-4 Cross R over L, step L back, step R to side, step L together. (09.00)

B. 32 count

Repeat (A) Sec 1- Sec 4