

Running in Circles

拍数: 32 墙数: 4 级数: Improver
编舞者: Valerie Zook (USA) - August 2022
音乐: Circles - Post Malone : (Apple music)



Intro: 32 counts from start of song / Dance 4X ending on 12:00 Wall / Main Dance follows

[Intro] Cross Point, Cross Point, Kick Ball Change, ¼ Turn

1-2 Cross R over L, Point L to left side
3-4 Cross L over R, Point R to right side
5&6 Kick R, Recover on R, Step L forward
7-8 Step R fwd, ¼ Turn L with hip roll (9:00)

[Main Dance]

[1-8] Walk, Walk, Side Mambo Step, Rock, Recover, Sailor ¼ Turn

1-2 Walk fwd Right, Left
3&4 Rock R to right side, Recover on L, cross R over L
5-6 Rock L to left side, Recover on R
7&8 Sweep L behind R with ¼ Turn L, Step R to right side, Step L fwd (9:00)

[9-16] Step, ¼ Turn, Step, ¼ Turn, Rock, Recover, Coaster Step

1-2 Step R fwd, ¼ Turn L with hip roll (6:00)
3-4 Step R fwd, ¼ Turn L with hip roll (3:00)
5-6 Rock fwd on R, Recover on L
7&8 Step back on R, Step L together, Step fwd on R (3:00)

[17-24] Heel Jack 2X, Rock, Recover, Back, Heel, Together, Touch

1&2& Cross L over R, Step R back to right diag, Touch L heel fwd to left diag, Step L together
3&4& Cross R over L, Step L back to left diag, Touch R heel fwd to right diag, Step R together
5-6& Rock L fwd, Recover on R, Step back on L
7&8 Touch R heel fwd, Step R together, touch L foot next to R (3:00)

[25-32] Side Shuffle, ¼ Turn, Side Shuffle, Rock, Recover, ¼ Turn, Side Step, Sway, Sway

1&2& Step L to left side, Step R together, Step L to left side, ¼ Turn L
3&4 Step R to right side, Step L together, Step R to right side (12:00)
5&6 Rock L fwd, Recover on R, Pivot ¼ Turn L w/L Step to left side (9:00)
7-8 Hip sway R, Hip sway L (9:00)

Begin again Steps 1-32 / No tags or restarts

At end of song on the 3:00 wall, Pivot ¼ Turn L w/R-Step side and Pose

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