

Run With Me...

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - January 2023
音乐: Run With Me - Calum Scott



Start 16 Counts....

Back, Sailor Side, Behind, Side, Cross, Lift. 1/2, 1/2, 3/8, Cross Side Back.

- 1-2&3 Step back on Left sweeping Right from front to back, Cross step Right behind Left, step Left to Left side, step Right to Right side.
- 8&4&5 Cross step Left behind Right, step Right to Right side, cross step Left across Right, make 1/8 turn to Right stepping forward on Right as you lift/raise up slightly on to Right toe reaching forward with Right hand. (1.30)
- 6&7 Make 1/2 turn to Left stepping forward on Left, 1/2 turn to Left stepping back on Right, 3/8 turn to Left stepping Left to Left side. (9.00)
- 8&1 Cross step Right across Left, step Left to Left side, make 1/8 turn to Right stepping back on Right. (10.30)

Back Rock 1/2, Run Run Run, Cross Side Behind Side, Rock Recover Back .

- 2&3 Rock back on Left, recover on Right, make 1/2 turn to Right stepping back on Left. (4.30)
- 4&5 Make 7/8 turn to Right run in arc R-L-R sweeping Left from back to front. (3.00)
- 6&7&8 Cross step Left across Right, step Right to Right side, cross step Left Behind, step Left to Left side.
- 8&1 Make 1/8 turn to Right rocking forward on Left, recover back on Right, step back on Left dragging Right towards Left. (4.30)

1/4 Point, Hitch, Cross, Scissor Cross, 1/4, 1/2, Cross Side Behind.

- 2&3 Make 1/4 turn to Right stepping Right to Right side, point Left toe to Left side (7.30) step down on Left making 3/8 turn to Left hitching Right knee. (3:00)
- 4 Cross step Right over Left.
- 5&6 Step Left to Left side, step Right next to Left, cross step Left over Right. (3.00)
- 8&7 Make 1/4 turn to Left stepping back on Right, make 1/2 turn to Left stepping forward on Left sweeping Right from back to front. (6.00)
- 8&1 Cross step Right across Left, step Left to Left side, cross step Right behind Left sweeping Left from front to back.

Behind Side, Cross Rock, Side Rock, Back, Back Rock 1/2, Back Rock

- 2&3&8 Cross step Left behind Right, step Right to Right side, cross rock Left across Right, recover on Right.
- 4&5 Rock Left to Left side, recover on Right, step back on Left sweeping Right from front to back.
- 6&7 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right (12.00)
- 8& (1) Rock back on Left, recover on Right (1) You will make 1/2 turn to Right stepping back on Left to begin the dance again - (6.00)

Tag End of Wall 2 When doing the Tag dance up to 8& of Section 4 then add

Back Rock Full Spiral , Forward Together.

- 1-2& Make 1/2 turn to Right stepping back on Left, rock back on Right , recover on Left.
- 3 Step forward on Right making full turn spiral to Left.
- 4& Step forward on Left, step Right next to Left.(slight dip of both knees then begin dance again stepping back on Left)

Then begin Dance again stepping back on Left as you did on Wall 1.

Hope you enjoy Julie & Neville x

Last Update - 1 Feb. 2023
