

Run Free

拍数: 32 墙数: 4 级数: Beginner
编舞者: Alexis Strong (UK) - April 2023
音乐: Young Hearts Run Free (2023 Edit) - Candi Staton & Benji La Vida



NO TAGS OR RESTARTS

32 COUNT INTRO

[1-8] X3 WALK FORWARD, HITCH, X3 WALK BACK, POINT

1-2 Walk Fwd R (1) Walk Fwd L (2)
3-4 Walk Fwd R (3) Hitch L (4)
5-6 Walk Back L (5) Walk Back R (6)
7-8 Walk Back L (8) Point R To R Side (8) 12:00

[9-16] ROLLING GRAPEVINE RIGHT, TOUCH, CHASSE LEFT, ROCK BACK RECOVER

1-2 Turn R, Step On R (1) Step On L (2)
3-4 Step On R (3) Touch L To R (4) 12:00
5&6 Step L To L (5) Close R To L (&) Step L To L (6)
7-8 Rock Back On R (7) Recover Fwd On L (8)

[17-24] SIDE ROCK RECOVER, CROSS SHUFFLE, 1/2 HINGE TURN, CROSS SHUFFLE

1-2 Rock R To R (1) Recover On L (2)
3&4 Cross R Over L (3) Step L To L (&) Cross R Over R (4)
5-6 Make 1/4 Turn R, Step Back On L (5) Make 1/4 Turn R, Step R To R Side (6) 6:00
7&8 Cross L Over R (7) Step R To R (&) Cross L Over R (8) 6:00

[25-32] x2 STEP TOUCHES, X4 WALKS ROUND 3/4 TURN RIGHT.

1-2 Step R To R (1) Touch L To R (2)
3-4 Step L To L (3) Touch R To L (4)
5-6 Walk R (5) Walk L (6)
7-8 Walk R (7) Walk L (8)

SMILE & ENJOY

Last Update: 17 Apr 2023
