

Runtah 23

拍数: 84 墙数: 1 级数: Phrased Improver
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音乐: Runtah - Azmy Z



Intro : 36 counts
Seq : AA BBBB AA BBBB

PART A – 52 count

Sect 1 : SIDE , CROSS OVER , SIDE, TOUCH W/ HIP BUMP

1 – 4 R to side – L cross over – R to side – L touch
5 – 8 Step on L – R touch – step on R – L touch

Sect 2 : SIDE , CROSS OVER , SIDE, TOUCH W/ HIP BUMP

1 – 4 L to side – R cross over – L to side – R touch
5 – 8 Step on R – L touch – step on L – R touch

Sect 3 : JAZZ BOX

1 – 4 R cross over L – L back – R to side – L fwd

Sect 4 : CROSS ROCK, RECOVER , SIDE CHASSE

1 – 2 R cross over L – recv on L
3 & 4 Right chasse on R-L-R
5 – 6 L cross over R – recv on R
7 & 8 Left chasse on L-R-L

Sect 5 : CROSS FWD, SIDE TOUCH, CROSS BACK, SIDE TOUCH

1 – 2 R cross over L – L touch to side
3 – 4 L cross over R – R touch to side
5 – 6 R behind L – L touch to side
7 – 8 L behind R – R touch to side

Sect 6 : TURN ¼ RIGHT, TOUCH , TURN ½ LEFT, TOUCH

1 – 2 R fwd – close L beside R
3 – 4 ¼ right R to side – L touch beside R (3.00)
5 – 6 ¼ left L fwd – close R beside L
7 – 8 ¼ left L to side – R touch beside L (9.00)

Sect 7 : TURN ¾ LEFT SIDE ROCK STEP W/HIP ROLL

1 – 2 R to side – recv on L
3 – 4 ¼ left R to side – recv on L (6.00)
5 – 6 ¼ left R to side – recv on L (3.00)
7 – 8 ¼ left R to side – recv on L (12.00)

PART B – 32 count

Sect 1 : SIDE TOGETHER, SIDE CHASSE, JAZZ BOX

1 – 2 R to side – close L beside R
3 & 4 Chasse to right on R-L-R
5 – 6 L cross over R – R back – L to side – R cross over L

Sect 2 : SIDE TOGETHER, SIDE CHASSE , JAZZ BOX

1 – 2 L to side – close R beside L
3 & 4 Chasse to left on L-R-L

5 – 8 R cross over L – L back – R to side – L cross over R

Sect 3 : TOE STRUT , ½ TURN LEFT, WALK FWD

1 – 4 R toe fwd – drop R heel – L toe fwd – drop L heel

5 – 8 R fwd - ½ left – R fwd – L fwd (6.00)

Sect 4 : TOE STRUT , ½ TURN LEFT, WALK FWD

1 – 4 R toe fwd – drop R heel – L toe fwd – drop L heel

5 – 8 R fwd - ½ left – R fwd – L fwd (12.00)

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