

Run It

拍数: 32 墙数: 4 级数:
编舞者: Adrian Valencia (USA) - January 2025
音乐: Run It - Jelly Roll



[1-8]: DOROTHY STEP R, DOROTHY STEP L, PIVOT 1/2 TURN, STEP FULL TURN

- 1-2& 1) Step R to right diagonal, 2) Step L behind R, &) Step R to right diagonal
3-4& 3) Step L to left diagonal, 4) Step R behind L, &) Step L to left diagonal
5&-6 5) Step forward on R, &) Pivot on R turning counterclockwise facing 6 o'clock wall, 6) Land on L weight on L
7-8 7) Step forward R, 8) Step L full turning over left shoulder counterclockwise land on L weight on L

[9-16]: STEP R, KNEE HITCH L, COASTER STEP, ANCHOR STEP, STEP PIVOT

- 1&2 1) Step R, &) Hitch left knee up, 2) Step L back down weight on L
3&-4 3) Step back R, &) Step back L next to R, 4) Step R forward weight on R
5-6& 5) Step L forward pivot on R 1/4 right 6) Cross R behind L weight on R, &) Step/ shift weight to L
7-8 7) Step right with R while pivoting on R turning 180 around counterclockwise, 8) Recover on L weight on L

[17-24]: STEP BEHIND HEEL CROSS STEP BEHIND HELL STEP

- 1-2&-3-&4 1) Step right with R, 2) Step with L behind R, &) Step right with R facing diagonal weight on R, 3) Step L heel out, &) Step L together with R weight on L, 4) Step R heel out facing diagonal weight on L
5-6&-7-&8 5) Step left with L, 6) Step with R behind L, &) Step left with L facing diagonal weight on L, 7) Step R heel out, &) Step R together with L weight on R, 8) Step L heel out facing back wall

[25-32] STEP HALF PIVOT, STEP HALF PIVOT, STEP PIVOT HITCH RECOVER FLICK

- 1&2 1) Step forward R, &) Pivot on R weight on R turning counter clockwise facing 12 o'clock wall, 2) Land on L weight on L
3&4 3) Step forward R, &) Pivot on R weight on R turning counter clockwise facing 6 o'clock wall, 4) Land on L weight on L
5-6 5) Step forward with R, 6) Weight on R pivot on R hitch L knee turning counter clockwise facing 9 o'clock wall
7-8 7) Land on L weight on L, 8) Flick R behind L

Restart: Easiest way to explain this is that, at timestamp: 1:29 of the song there's a cowbell sound. Restart here. This should happen after the first 16 counts of the choreography. Restart should be facing the 12 o'clock wall.