

Keep on Runnin

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner / Improver
编舞者: Lisanne Winters Gray (USA) - March 2024
音乐: Someone I Used to Know (Kue Radio Remix) - Zac Brown Band



#32 count intro - No Tags, No Restarts

Step R, Point L, Step L, Point R, Step R, Point L, L Coaster

1 - 2 Step R fwd (1), Point L side (2)
3 - 4 Step L fwd (3), Point R side (4)
5 - 6 Step R fwd (5), Point L side (6)
7 & a mp; 8 Step back L (7), Step R next to L (&), Step fwd L (8) (12:00)

Step R, ¼ Turn, Step R, ¼ Turn, Jazz Box

1 - 2 Step R fwd (1), 1/4 turn left stepping onto L (2) (3:00)
3 - 4 Step R fwd (3), 1/4 turn left stepping onto L (4) (6:00)
5 - 6 Step R over L (5), Step L back (6)
7 - 8 Step R to right (7), Step L slightly forward (8) (6:00)

Press R, Kick R, Weave, Press L, Kick L, Weave

1 - 2 Press on ball of R to right side (1), Recover onto L kicking R (2)
3 & a mp; 4 Step R behind L (3), Step L to side (&), Cross R over L (4)
5 - 6 Press on ball of L to left side (5), Recover onto R kicking L (6)
7 & a mp; 8 Step L behind R (3), Step R to side (&), Cross L over* (8) (6:00)

Variation for count 8: Step L slightly forward for ease

Variation for whole 8 count:

Side Rock R, Recover L, Triple/Shuffle in place, Side Rock L, Recover R, Triple/Shuffle in place

R Rocking Chair, Step R, Heel Bounce ¼

1 - 2 Step R fwd (1), Recover on L (2)
3 - 4 Step R back (3), Recover on L (4)
5 Step R fwd L (5)
6 - 8 Bounce on balls of feet lifting both heels as make ¼ turn left. Weigh on L (3:00)