

9 Mile Run

拍数: 100 墙数: 4 级数:
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音乐: 9 Mile Run - Tania Kernaghan



RIGHT FORWARD, RIGHT SIDE & LEFT TO SIDE & RIGHT HITCH

1-2 Touch right toe forward, touch right toe to right side
&3 Jump right to neutral & left to left side
&4 Jump left to neutral & hitch right slightly

SCUFF RIGHT, HOP TO RIGHT ON LEFT, STOMP RIGHT, STOMP LEFT

1-2 Scuff right through neutral, hop to right side on left foot
While hopping to right drop left shoulder & turn head to the right
3-4 Stomp right, stomp left

RIGHT FORWARD, RIGHT SIDE & LEFT TO SIDE & RIGHT HITCH

1-2 Touch right toe forward, touch right toe to right side
&3 Jump right to neutral & left to left side
&4 Jump left to neutral & hitch right slightly

SCUFF RIGHT, HOP TO RIGHT ON LEFT, RIGHT-LEFT-RIGHT

1-2 Scuff right through neutral, hop to right side on left foot
While hopping to right drop left shoulder & turn head to the right
3&4 Shuffle in place right-left-right (taking weight on right foot)

FULL TURNING VINE FULL TURN LEFT & SCUFF RIGHT FORWARD

1-4 Turn left, turn right, turn left, scuff right forward

FULL TURN TURNING SHUFFLE FORWARD

1&2 Shuffle forward right-left-right turning ½ turn left
3&4 Shuffle back left-right-left turning ½ turn left

1-2 Rock forward on right, rock back on left

TURNING 1 ½ TURNS BACK TO RIGHT, JUMP TOGETHER

1 Step back on right turning ½ turn right
2 Step forward on left turning ½ turn right
3 Step back on right turning ½ turn right
4 Jump forward on right bringing left to neutral

JUMP APART, JUMP RIGHT ACROSS, ½ turn LEFT, CLAP

1-2 Jump both feet apart, jump to cross right over left
3-4 Turn ½ turn to left (take weight on left), clap

RIGHT HEEL STRUT, LEFT HEEL STRUT, TOE HEEL STRUT, LEFT HEEL STRUT

1-2 Step right heel forward, lower right toes to floor
3-4 Step left heel forward, lower left toes to floor
5-6 Step right heel forward, lower right toes to floor
7-8 Step left heel forward, lower left toes to floor

TRAVELING BACK, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP BACK LEFT, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP TOGETHER

- 1-2 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 3-4 Touch left heel at 45 degrees (upper body facing 45 degrees left), step back on left
- 5-6 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 7-8 Touch left heel at 45 degrees (upper body facing 45 degrees left), step left together

MONTEREY TURN, TOUCH, TOGETHER

- 1-2 Touch right toe to right side, turn ½ turn right stepping right together
- 3-4 Touch left toe to left side, step left together

RIGHT HEEL STRUT, LEFT HEEL STRUT, RIGHT HEEL STRUT, LEFT HEEL STRUT

- 1-2 Step right heel forward, lower right toe to floor
- 3-4 Step left heel forward, lower left toe to floor
- 5-6 Step right heel forward, lower right toe to floor
- 7-8 Step left heel forward, lower left toe to floor

TRAVELING BACK, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP BACK LEFT, RIGHT 45, STEP BACK RIGHT, LEFT 45, HOLD FOR 1 BEAT

- 1-2 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 3-4 Touch left heel at 45 degrees (upper body facing 45 degrees left), step back on left
- 5-6 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 7-8 Touch left heel at 45 degrees (upper body facing 45 degrees left), hold 1 beat

CROSS LEFT, HOLD, TURN ½ RIGHT, HOLD, TWIST TOES, HOLD, TWIST LEFT HEEL, HOLD

- 1-2 Cross left over right, hold for 1 beat
- 3-4 Turn ½ turn right-twisting both heels left, hold for 1 beat
- 5-6 Twist both toes left, hold for 1 beat
- 7-8 Twist left heel left, hold for 1 beat

Feet ending slightly apart-toes pointing in, heels pointing out

TRAVELING LEFT-JUMP TOES OUT, JUMP TOES IN, JUMP TOES OUT, JUMP FEET TOGETHER

- 1 Jump turning to the left both toes out & both heels in
- 2 Jump turning to the left both toes in & both heels out
- 3 Jump turning to the left both toes out & both heels in
- 4 Jump to the left with feet together taking weight on right

Above 4 steps are done with weight on both balls of feet with knees slightly bent

CROSS LEFT, HOLD, TURN ½ RIGHT, HOLD, TWIST TOES, HOLD, TWIST LEFT HEEL, HOLD

- 1-2 Cross left over right, hold for 1 beat
- 3-4 Turn ½ turn right-twisting both heels left, hold for 1 beat
- 5-6 Twist both toes left, hold for 1 beat
- 7-8 Twist left heel left, hold for 1 beat

Feet ending slightly apart-toes pointing in, heels pointing out

TRAVELING LEFT-JUMP TOES OUT, JUMP TOES IN, JUMP TOES OUT, JUMP FEET TOGETHER

- 1 Jump turning to the left both toes out & both heels in
- 2 Jump turning to the left both toes in & both heels out
- 3 Jump turning to the left both toes out & both heels in
- 4 Jump to the left with feet together taking weight on left

Above 4 steps are done with weight on both balls of feet with knees slightly bent

TAP RIGHT, HITCH RIGHT/HOP BACK LEFT, TAP RIGHT, HITCH RIGHT/HOP BACK & TURN ¼ TURN RIGHT ON LEFT, STOMP RIGHT, STOMP LEFT

- 1-2 Tap right toe next to left, at the same time hitching right leg hop back on left
- 3-4 Tap right toe next to left, at the same time hitching right leg hop back on left foot turning ¼ turn right

- 5 Stomp right foot
- 6 Stomp left foot (weight ending on left foot)

REPEAT
