

Nowhere To Run

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Andrew Palmer (UK) & Simon Cox (UK)
音乐: Nowhere To Run - Martha Reeves and the Vandellas



RIGHT KICK-BALL-CHANGE, STEP TOUCHES RIGHT AND LEFT, CHASSE' RIGHT

1&2 Right kick-ball change
3-4 Step right to right side, touch left in place beside right (click fingers)
5-6 Step left to left side, touch right in place beside left (click fingers)
7&8 Step right to right side, step left in place beside right, step right to right side

SIDE, TOGETHER, SIDE, TOE TOUCHES, STEP, TOUCH

9-10 Step left to left side, slide right in place beside left (backing singer arms)
11 Step left to left side (backing singer arms)
12-14 Touch right toe over left, touch right toe side right, touch right toe behind left (turn head left - look at heel)
15-16 Step right to right side, touch left toe behind right (turn head right - look at heel)

VINE LEFT WITH ¼ LEFT, HEEL SWITCHES, STEP, CLAP

17-20 Step side left, step right behind, step left ¼ turn left, stomp right in place (keeping weight on left)
21&22 Touch right heel forward, step right in place, touch left heel forward
&23-24 Step left in place, step right forward, pause and clap hands

PIVOT ½ LEFT, CLAP, WALK RIGHT, WALK LEFT

25-26 Pivot ½ turn left, pause and clap hands
27-28 Step right forward, step left forward

VINE RIGHT ¼ RIGHT, STEP LEFT IN PLACE

29-32 Step side right, step left behind, step right ¼ turn right, step left in place

REPEAT
