

Ready To Run

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Ready to Run - The Chicks



HIP BUMPS, JUMP, CROSS, HEEL SPLIT

- 1&2 Step right foot forward with two right hip bumps
- 3&4 Step left foot forward with two left hip bumps
- 5 Jump with both feet apart at shoulder width
- 6 Cross right foot over left
- 7 Unwind ½ turn to the left (now facing back wall)
- &8 Split heels outward then return to center

SYNCOPATED VINE LEFT, SLIDE, SYNCOPATED VINE RIGHT, SLIDE

- 1 Right steps to right
- 2 Left foot steps behind
- & Right steps to right
- 3 Step left foot to left
- 4 Slide or drag right foot beside left
- 5 Step left foot to left
- 6 Right steps behind
- & Step left foot to left
- 7 Right steps to right
- 8 Slide or drag left foot beside right (taking weight on left)

RUNNING MAN

- 1& Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
- 2& Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
- 3& Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
- 4& Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
- 5-6 Step right heel forward, touch right toe back
- 7-8 Pivot ½ turn to the right, step left foot next to right (facing front wall)

SCISSOR STEP LEFT, SCISSOR STEP RIGHT, STEP, PIVOT ½ TURN LEFT, STEP RIGHT, STEP LEFT

- 1&2 Step right foot behind left, step left foot back, extend right heel forward on a 45 degree angle (weight is on left foot)
- &3 Step right foot to center, step left foot behind right
- &4 Step right foot back. Extend left heel forward on a 45 degree angle (weight is on right foot)
- &5-6 Step left foot back to center, step right foot forward, pivot ½ turn to the left (facing new wall)
- 7-8 Step forward right, step together left

REPEAT