

Run For Cover

拍数: 64 墙数: 2 级数: Improver
编舞者: Sandy Hawkins (AUS)
音乐: If You Ever Saw Her - Ricky Martin



3 WALKS FORWARD, BALL-CHANGE, 3 WALKS FORWARD, BALL-CHANGE

- 1-2-3&4 Walk forward right, left, right, back ball change (left toe stretched back, replace weight forward onto right, looking back over left shoulder)
5-6-7&8 Walk forward left, right, left, back ball change (right toe stretched back, replace weight forward onto left, looking back over right shoulder)

FLICK-BALL-CROSS, FLICK-BALL-CROSS, ¼ LEFT, ¼ LEFT, BACK SAMBA

- 1&2-3&4 Flick right toe forward into front right angle, step back on ball of right and cross the left in front. Repeat the above (these are flick ball changes traveling back on the right angle and are low flicks)
5-6 Step back on right and turn ¼ left, step left to left side and turn ¼ left, (you should now straightened to side front wall, ¼ left from original wall)
7&8 Back samba (cross right behind left, place left toe to left side, replace weight to right foot)

BACK SAMBA, ¼ LEFT, ¼ LEFT, FRONT SAMBA, FRONT SAMBA

- 1&2 Back samba (cross left behind right, place right toe to right side, replace weight to left foot)
3-4 Step back on right and turn ¼ left, step left to left side and turn ¼ left
5&6 Front samba (cross right in front of left, place left toe to left side, replace weight to right foot)
7&8 Front samba (cross left in front of right, place right toe to right side, replace weight to left foot)

¼ LEFT, SIDE, SHUFFLE FORWARD, STEP & HIP LEFT, HIP RIGHT, HIPS LEFT-RIGHT-LEFT

- 1-2 Step right to the side and turn ¼ left, step left to the side
3&4 Shuffle forward right, left, right
5-6 Step left foot to the side and push left hip left, push right hip right
7&8 Push hips left, right, left

FORWARD, RECOVER, COASTER TURN, FORWARD, RECOVER, ½ LEFT, SHUFFLE FORWARD

- 1-2 Rock forward right, replace weight to left
3&4 Step back on right, step left to side and make a ¼ turn left, step right together
5-6 Rock forward left, replace weight back onto right
7&8 Turn ½ turn left and shuffle forward left, right, left

FORWARD, RECOVER, RIGHT COASTER, STEP & HIP LEFT, HIP RIGHT, HIPS LEFT-RIGHT-LEFT

- 1-2 Rock forward right, replace weight to left
3&4 Big step right to right side, step left together, step forward right
5-6 Step left foot forward and to the side so feet now apart, push left hip left, push right hip right
7&8 Push hips left, right, left

PIVOT ½ LEFT, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, COASTER CROSS

- 1-2 Right foot step forward, ½ pivot left, replace weight to left
3&4 Shuffle forward right, left, right
5-6 Rock forward left, replace weight back onto right
7&8 Big step left to left side, step right together, cross left in front

SIDE-BALL-CHANGE, SIDE-BALL-CHANGE, ¼ RIGHT, ½ RIGHT, WALK BACK RIGHT, LEFT

- 1&2 Step right to right side, tap left toe behind right, replace weight to right
3&4 Step left to left side, tap right toe behind left, replace weight to left

5-6
7-8

Step right foot forward and turn $\frac{1}{4}$ turn right, step left back $\frac{1}{2}$ turn right
Walk back right, left

REPEAT
