

Run Free

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Avril King (UK)
音乐: Young Hearts Run Free - Kym Mazelle



Sequence: ABA ABA ABA A

SECTION A:

STEP TURN, ROCK LEFT AND BACK, SLIDE LEFT, FLICK BALL STEP

- 1-2 Step left over right, making $\frac{1}{2}$ turn. Step right to right side making another $\frac{1}{2}$ turn (two steps making a full turn)
- 3&4 Rock left diagonally across right, rock back on right, touch left next to right
- 5-6 Step left to left side and slide the right in next to left
- 7&8 Flick right foot forward, step right next to left, step left next to right with weight

FLICK BALL TOUCH, STEP $\frac{1}{4}$ TURN, CROSS UNWIND FULL TURN, HIPS LEFT, RIGHT, LEFT

- 9&10 Repeat steps 7 - 8 touching left without weight on the last step
- 11-12 Step forward left, $\frac{1}{4}$ turn to right, end with weight on right foot
- 13-14 Cross left over right and unwind making a full turn
- 15&16 Hip bumps left, right, left

SIDE SHUFFLE RIGHT, ROCK FORWARD AND BACK, SHUFFLE LEFT, STEP FORWARD $\frac{1}{2}$ TURN

- 17&18 Side shuffle to right, stepping right, left, right
- 19-20 Rock left over right and back onto left
- 21&22 Side shuffle to left, stepping left, right, left
- 23-24 Step forward right, pivot $\frac{1}{2}$ turn ending with weight on left

FLICK BALL TOUCH, FLICK BALL TOUCH, HEEL & HEEL & HEEL & HEEL &

- 25&26 Flick right forward, step right next to left, touch left to left side
- 27-28 Repeat steps 24 - 25 on left leg
- 29&30&31&32& Heel switches right, left, right, left

STEP FORWARD $\frac{1}{2}$ TURN, SHUFFLE RIGHT, SHUFFLE LEFT, ROCK BACK & FORWARD

- 33-34 Step forward right, pivot $\frac{1}{2}$ turn ending with weight on left
- 35&36 Shuffle forward right
- 37&38 Shuffle forward left
- 39-40 Rock back onto right, forward onto left

SHUFFLE FORWARD RIGHT, STEP FORWARD LEFT $\frac{1}{2}$ TURN, STEP TURN STEP STEP

- 41&42 Shuffle forward right
- 43-44 Step forward left, pivot $\frac{1}{2}$ turn ending with weight on right
- 45-482 Steps forward making full turn, step left to left, step right to right, ending with feet apart (turn on steps optional)

HIPS RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, SAILOR STEPS

- 49&50&51&52 Hip bumps right, left, right, left, right, left, right. On last hip bump lift right leg slightly
- 53&54 Right sailor step
- 55&56 Left sailor step

PADDLE, PADDLE, TOUCH, IN, TOUCH, IN, TOUCH, IN, STEP

- 57-60 Two paddle steps with right leg, making a $\frac{1}{2}$ turn
- 61&62&63 Touch right to right side, hitch back in, touch, in, touch, in, touch

SECTION B**SHUFFLE FORWARD RIGHT, LEFT, SHUFFLE BACK RIGHT, LEFT, MONTEREY TURNS, STEP OUT, OUT, BODY ROLL**

1&2 Shuffle forward on right

3&4 Shuffle forward on left

5&6 Shuffle back on right

7&8 Shuffle back on left

9-16 Monterey turns. Point right, step next to left making $\frac{1}{2}$ turn, point left, step next to right.
Repeat

17-20 Step feet apart right, left, jump feet together, body roll for 2 or 4 counts depending on the music (as you step in to the side turn your body slightly in the direction you are going)

Dance the whole of section A once so you end up facing the back wall. Before you start the dance again the music changes slightly. This is when you do section B. This should happen every time you face the back wall as the music changes. Once you have danced section B through you can then carry on with section A until you face the back wall again/

If section B is removed from the dance, Section A can be danced to almost any alternative piece of music.
