

Run It

拍数: 32 墙数: 2 级数: Improver
编舞者: José Miguel Belloque Vane (NL)
音乐: Run It! - Chris Brown



JUMP TOUCH SIDE (RIGHT/LEFT), HITCH, TOGETHER, SLIDE TO LEFT, ARM MOVEMENT

- 1 Jump right foot/left foot on the spot
- 2 Touch right foot to right side
- & Step right foot next to left foot
- 3 Touch left foot to left side
- & Hitch left knee up
- 4 Touch left foot next to right foot
- 5 Big step with left foot to left side
- 6 Drag right foot next to left foot
- 7-8 Throw both hands up in the air twice

FOUR WALKS FORWARD (RIGHT, LEFT, RIGHT, LEFT), ½ TURN LEFT, STEP OUT RIGHT WITH CLAP, HIP ROLL (2X)

- 1-2-3-4 Walks forward right, left, right, left (towards 12:00)
- & ½ turn left on ball of left foot (facing 6:00)
- 5 Step right foot out to right side (feet should be shoulder width apart)
- 6 Clap both hands
- 7-8 Roll hips around to the left (end with weight on left foot)

FOUR STEP TOUCHES WITH ¼ TURN LEFT

- 1 Step right foot out to right side
- 2 Touch left foot next to right foot
- 3 Step left foot out to left side
- 4 Touch right foot next to left foot
- 5 Step right foot out to right side
- 6 Touch left foot next to right foot
- & Make ¼ turn left on ball of right foot (facing 3:00)
- 7 Step left foot forward
- 8 Touch right foot next to left foot

KICK TOE TOUCH (2X), SCUFF FORWARD RIGHT, BRUSH, BACK RIGHT, ¼ TURN RIGHT, STEP OUT TO RIGHT, STEP TOGETHER

- 1 Kick right foot forward
- & Step right foot next to left foot
- 2 Touch left foot to left side
- 3 Kick left foot forward
- & Step left foot next to right foot
- 4 Touch right foot to right side
- 5 Scuff right foot forward with leg swing
- 6 Brush right foot back with leg swing
- & Make ¼ turn right on ball of left foot (facing 6:00)
- 7 Step right foot out to right side
- 8 Step left foot next to right foot

REPEAT

