

Run It

拍数: 32 墙数: 4 级数: Advanced
编舞者: Matthew Oakley (UK)
音乐: Run It! - Chris Brown



- &1 Brush right foot across and in front of left foot, cross right foot over left
&2 Brush left foot to left side, step left foot to left side
&3 Brush right foot across and in front of left foot, cross right foot over left
&4 Brush left foot to left side, turn $\frac{1}{4}$ left and rock forward onto left foot
5-6 Recover weight back to right foot, step left foot back
&7 Step right foot back, turn $\frac{1}{2}$ left, step left foot forward
&8 Turn $\frac{1}{4}$ left, brush right foot to right side, step right foot to right side
- &1 Touch left foot to right, step left foot to left side
&2 Touch right foot to left, step right foot to right side
&3 Touch left foot to right, rock left foot to left side
&4 Quickly switch weight to right foot, step left foot to right
&5 Step right foot to right side, swivel right heel to right side
&6 Swivel right heel to center, swivel right heel to right side
&7 Jump cross right foot over left, jump feet apart
&8 Draw right foot into left, hitch right knee across body
- &1 Step ball of right foot down to right side, step left foot to left side
2 Jump right foot to left foot, swing left foot out to left side
3&4 Swing left foot back to right foot, switch and swing right foot to right side, hop right foot next to left, hitch left knee, step left foot to left side
5&6 Cross right foot behind left foot, step left foot slightly to left side, step right foot to right side
7&8 Cross left foot behind right, unwind $\frac{3}{4}$ right, jump feet apart
- &1 Pop right shoulder forward and up, bring back to center
&2 Pop left shoulder forward and up, bring back to center
&3 Pop right shoulder forward and up, bring back to center
&4 Pop right shoulder forward and up, bring back to center
&5 Jump left foot under body, cross right foot across left knee, jump feet out
&6 Hop onto left foot, kick right foot back to right diagonal, hop on left foot, kick right foot forward and across body
&7 Hop on left foot, kick right foot back to right diagonal, hop on left foot, kick right foot forward and across body
&8 Step ball of right foot to right side, step left foot to left side

REPEAT
