

Runaway

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Runaway - Gary Allan



HITCH-BALL-STEP / TOE STRUT / HITCH-BALL-STEP / TOE STRUT

1&2 Hitch right knee up, step in place on ball of right, step left slightly forward
3-4 Touch right toe forward, snap right heel down
5&6 Hitch left knee up, step in place on ball of left, step right slightly forward
7-8 Touch left toe forward, snap left heel down

RIGHT SHUFFLE FORWARD / LEFT SIDE ROCK / CROSS-¾ UNWIND / KICK-BALL-TOUCH

1&2 Shuffle forward on right-left-right
3-4 Step left to left side, rock weight onto right
5-6 Cross left toe over right foot, unwind ¾ turn right (weight ends on right)
7&8 Kick left foot forward, step in place on left, touch right toe next to left

¼ BODY TURN HEEL TOUCH-RETURN / FORWARD TOUCH-RETURN..TWICE

1 Turn body ¼ right on ball of left foot - touch right heel forward
2 Turn body ¼ left as feet return together - step right foot next to left
3-4 Touch left heel forward, step left next to right
5 Turn body ¼ right - touch right heel forward
6 Turn body ¼ left as feet return together - step right foot next to left
7-8 Touch left heel forward, step left next to right

CROSS BEHIND-UNWIND ¾ TURN RIGHT / SIDE ROCK / CROSS SHUFFLE/ STEP SIDE - ¼ TURN LEFT

1-2 Cross step right behind left, unwind ¾ turn right
3-4 Step left to left side, rock weight onto right
5&6 Cross step left over right, . Step right to right side, cross step left over right
7-8 Step right to right side, pivot ¼ turn left on balls of both feet

REPEAT
