

Runaway

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Karen Katrea (SG)
音乐: Runaway - Janet Jackson



RIGHT SIDE STEP, LEFT ROCK BACK AND RECOVER, ½ TRAVELING RIGHT TURN, ¾ TRAVELING LEFT TURN, LEFT FORWARD MAMBO STEP

1 Step right to the side
2-3 Rock left diagonally back, recover on right
4&5 Turn ¼ right stepping left to the side, turn ¼ right stepping right to the side, cross left over right
6&7 Turn ¼ left stepping right to the side, turn ½ left stepping left forward, step right forward
8&1 Rock left forward, recover on right, step left beside right

TOUCH AND UNWIND ½ RIGHT, LEFT FORWARD LOCK SHUFFLE, ½ LEFT ROCK-SWAY RIGHT SIDE-ROCK CROSS

2-3 Touch right toe behind left heel, unwind ½ right stepping right down
4&5 Step left forward, lock right behind left, step left forward
6-7 ¼ Left turn rock right to the side, ¼ left turn recover on left (sway hips)
8&1 Rock right to the side, recover on left, cross right over left

SIDE TOUCH, ¼ LEFT, RIGHT SIDE-ROCK-CROSS, SIDE TOUCH, ¼ LEFT, RIGHT SIDE-ROCK CROSS

2-3 Touch left to the side, turn ¼ left crossing left over right
4&5 Rock right to the side, recover on left, cross right over left
6-7 Touch left to the side, turn ¼ left crossing left over right
8&1 Rock right to the side, recover on left, cross right over left

ROCK LEFT TO THE SIDE, RECOVER, HEEL JACK, HOLD, STEP DOWN, RIGHT CROSS SHUFFLE, LEFT SIDE STEP

2-3 Rock left to the side, recover on right
4&5 Step left slightly back, step right in place, touch left heel diagonally forward
6& Hold, step left in place
7&8 Cross right over left, step left behind right, cross right over left
& Step left slightly to the side

REPEAT

TAG

After 5th wall, do the tag, and then restart the dance

RIGHT SIDE-STEP, LEFT ROCK-BACK-RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK-BACK RECOVER, INCOMPLETE RIGHT SIDE SHUFFLE

1 Step right to the side
2-3 Rock left diagonally back, recover on right
4&5 Step left to the side, step right beside left, step left to the side
6-7 Rock right diagonally back, recover on left
8& Step right to the side, step left beside right (you will complete this right shuffle with the first count of the dance - i.e. Step right to the side)