

Running The Road

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Morgan (USA)
音乐: Road Runner - Microwave Dave & The Nukes



HEEL, TOE BACK, ½ TURN RIGHT WITH HEEL UP, STOMP RIGHT FOOT FORWARD, REPEAT WITH LEFT

- 1-2 Put right heel forward, put right toe back
- 3-4 As you turn ½ turn to your right put right heel forward, stomp right foot forward
- 5-6 Put left heel forward, put left toe back
- 7-8 As you turn ½ turn to your left put left heel forward, stomp left foot forward

STOMP RIGHT FORWARD, CLAP, STOMP LEFT FORWARD, CLAP, WITH SAILOR SHUFFLES

- 1-4 Stomp right foot forward, clap, stomp left foot forward, clap
- 5&6 Sailor shuffle (step right behind left, step left to left side, step right forward)
- 7&8 Sailor shuffle (step left behind right, step right to right side, step left forward)

STEP RIGHT FORWARD, ¼ TURN LEFT, ROLL HIPS LEFT TO RIGHT, CLAP, REPEAT

- 1-4 Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap
- 5-8 Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap

WALK, WALK, ¼ TURN, STOMP, TWO KICK-BALL-CHANGES

- 1-4 Step forward right foot, step forward left foot, pivot on left toe to your right ¼ turn (shifting weight on right) stomp left next to right
- 5&6 Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)
- 7&8 Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)

REPEAT
