

Running Through

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: Now I Pray for Rain - Neal McCoy



SHUFFLE FORWARD, ½ PIVOT, FULL TURN, TURNING SHUFFLE

- 1&2 Shuffle forward right-left-right
- 3-4 Step left forward, pivot ½ turn to the right
- 5 Turn ¼ to the right with your right ball and step left side
- 6 Turn full turn by right with your left ball and step right beside left
- 7&8 Shuffle left side turning ¼ to the right left-right-left

ROCK STEP, FRONT SAILOR WITH TOUCH, SYNCOPATED WEAVE

- 1-2 Rock right back, recover weight on left
- 3&4 Step right across left, step left side, touch right toe diagonally forward
- &5&6 Step right slightly back, step left across right, step right side, step left behind right
- &7&8 Step right side, step left across right, step right side, step left behind right

KICK & TOUCH, SAILOR TURN ½, ½ PIVOT TURN, STEP, TURN ¾

- 1&2 Kick right forward, step right beside left, touch left side
- 3&4 Step left behind right (start turning ½ to the left), step right side (complete ½ turn), step left side
- 5-6 Step right forward, pivot ½ turn to the left
- 7-8 Step right forward, turn ¾ to the left feet together ending weight on left

HEEL HOOK, HEEL HITCH, TOUCH HITCH, STEP, SCUFF HITCH STEP, TWIST TURN ½

- 1&2 Touch right heel forward, hook right front of left, touch right heel forward
- &3&4 Hitch right, touch right toe back, hitch right, step right forward
- 5&6 Scuff left forward, hitch left, step left forward
- 7&8 Twist both heels to left, twist both heels to right, twist both heels left and turn ½ to the right

KICK, SYNCOPATED LOCK STEPS, KICK & TOUCH, SIDE TOUCH, MONTEREY

- 1&2 Kick right forward, step right forward, lock step left behind right
- &3 Step right forward, step left forward
- &4 Lock step right behind left, step left forward
- 5&6 Kick right forward, step right forward, touch left toe behind right
- 7&8 Step left beside right, touch right toe side, turn ½ to right ending feet together

SYNCOPATED STEPS, HIP SWAY & HAND MOVEMENTS

- 1-2 Step left side, step right behind left
- &3-4 Step left side, step right across left, step left side
- 5 Sway hips to the left and slap your left thigh with your right hand
- 6 Sway hips to the right and slap your right thigh with your left hand
- 7 Slap hands together
- & Sway hips to the left and slap your right hips with your right hand
- 8 Sway hips to the right and slap your left hips with your left hand

REPEAT