

Runnin' Wild

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Judy McDonald (CAN)
音乐: Runnin' Wild - Johnny Reid



RIGHT TRIPLE, LEFT TRIPLE, RIGHT ROCK BACK, LEFT STEP (LADIES' EAST COAST BASIC)

1&2 Step right to side, step left beside right, step right in place
3&4 Step left to left, step right beside left, step left in place
5-6 Step right back, step left in place

RIGHT TOUCH, RIGHT STEP, LEFT TRIPLE, RIGHT ROCK BACK, LEFT STEP

7-8 Touch right beside left, step right beside left
1&2 Step left to side, step right beside left, step left in place
3-4 Step right back, step left in place

RIGHT KICK BALL CHANGE TWICE

5&6 Kick right forward, step right back, step left in place
7&8 Kick right forward, step right back, step left in place

RIGHT SIDE SHUFFLE, LEFT STEP FORWARD, RIGHT TOE TOUCH

1&2 Step right to side, step left beside right, step right to side
3-4 Step left forward, touch right toe behind left

RIGHT STEP BACK, LEFT KICK FORWARD, LEFT TRIPLE

5-6 Step right back, kick left forward
7&8 Step left back, step right beside left, step left in place

RIGHT HEEL GRINDS MOVING LEFT TWICE

1-2 Step right heel across in front of left with toe pointing left, step left to side while twisting on right heel so toe points right
3-4 Step right heel across in front of left with toe pointing left, step left to side while twisting on right heel so toe points right

BOX STEP MAKING ¼ TURN RIGHT

5-8 Step right across in front of left, step left back, step right to side making ¼ turn right, step left forward

RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD, RIGHT STEP

1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward, step right in place

LEFT SHUFFLE BACK, RIGHT ROCK BACK, LEFT STEP

5&6 Step left back, step right beside left, step left back
7-8 Step right back, step left in place

RIGHT SIDE SHUFFLE, LEFT CROSS SHUFFLE

1&2 Step right to side, step left beside right, step right to side
3&4 Step left across in front of right, step right to side, step left across in front of right

WEAVE MOVING LEFT (RIGHT CROSS BEHIND LEAD)

5-8 Step right in place behind left, step left to side, step right across in front of left, step left to side

RIGHT KICK BALL CHANGE, RIGHT STEP FORWARD, LEFT TOUCH

1&2 Kick right forward, step right back, step left in place

3-4 Step right forward, touch left beside right

LEFT KICK BALL CHANGE, LEFT STEP FORWARD, RIGHT TOUCH

5&6 Kick left forward, step left back, step right in place

7-8 Step left forward, touch right beside left

RIGHT KICK, RIGHT STEP BACK, LEFT KICK, LEFT SLOW COASTER, RIGHT HEEL BOUNCE TWICE

1-4 Kick right forward, step right back, kick left forward, step left back

5-8 Step right beside left, step left forward, step right forward and bounce heel, bounce right heel

REPEAT
