

Sometimes I Run

拍数: 80 墙数: 2 级数: Improver
编舞者: Andree Of Stevenage
音乐: Sometimes - Britney Spears



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|-------|--|
| 1-2-3 | Walk forward right, left, right and |
| 4 | Touch left toe to right heel |
| 5-6 | Walk back left right then |
| 7-8 | Coaster step (left, right, left) |
| 9-16 | Repeat steps 1-8 |
| 17-18 | Step right over left, step left to left |
| 19&20 | Step right behind left, jump right over left |
| 21-22 | Step left over right, step right to right |
| 23&24 | Step left behind right, jump left over right |
| 25-48 | Repeat steps 1 to 24 |
| 49-50 | Rock step right forward and |
| 51&52 | Shuffle back right, left, right |
| 53-54 | Rock step left back, and |
| 55&56 | Shuffle forward left, right, left |
| 57-64 | Repeat steps 49-56 |
| 65-66 | Rock step right forward then |
| 67&68 | Shuffle ½ turn to right, right, left, right |
| 69&70 | Shuffle ½ turn to right, left, right, left |
| 71&72 | Shuffle ½ turn to right, right, left, right |
| 73-74 | Rock step left forward then |
| 75-76 | Step back on left, touch right toe to right side |
| 77 | Step back right |
| 78 | Touch left toe to left side |
| 79&80 | Step back into a coaster step, left right, left |

REPEAT
