

Tiger Run

拍数: 64 墙数: 2 级数: Improver
编舞者: Sal Gonzalez (USA)
音乐: Run Through the Jungle - Creedence Clearwater Revival



FORWARD, HOLD, FORWARD, HOLD, REPEAT

- 1-4 Step left forward, step right forward, step left forward, hold (the "hold" step should not be a complete stop but rather a slow continuation of the weight changes)
5-8 Step right forward, step left forward, step right forward, hold (continuation of weight change)
9-16 Repeat counts 1-8

TOE HEEL STRUTS BACK, TOE HEEL STRUT ½ TO THE RIGHT

- 17-18 Back left toe, bring left heel down
19-20 Back right toe, bring right heel down
21-22 Back left toe, bring left heel down
23-24 Turn ½ to the right onto right toe, bring right heel down

SHUFFLE FORWARD

- 25&26 Step left forward, right together, left
27&28 Step right forward, left together, right
29&30 Step left forward, right together, left
31&32 Step right forward, left together, right

¼ TURN LEFT WALK FORWARD, ½ PIVOT RIGHT, ¼ PIVOT RIGHT

- 33 ¼ turn left with left foot
34-36 Step forward with right, left, right
37 Step forward with left
38 Pivot ½ turn to the right on left shifting weight to the right foot
39 Step forward with left
40 Pivot ¼ turn to the right on left shifting weight to the right foot

WALK FORWARD, ½ PIVOT RIGHT, ¼ PIVOT RIGHT, REPEAT

- 41-44 Step forward left, right, left, right
45 Step forward left
46 Pivot ½ turn to the right on left shifting weight to the right foot
47 Step forward with left
48 Pivot ¼ turn to the right on left shifting weight to the right foot
49-56 Repeat counts 41-48

STRAIGHT CROSS DIAGONAL TOE HEEL STRUTS, LOOKING BACK

- 57-58 Traveling straight cross diagonal left toe, bring left heel down
59-60 Traveling straight diagonal right toe, bring right heel down
61-62 Traveling straight cross diagonal left toe, bring left heel down

Music will tell you to look back (4 count)

- 63-64 Traveling straight diagonal right toe, bring right heel down

REPEAT