

Time To Run

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Susan Beaumont (UK)
音乐: Billie Jean - Michael Jackson



RUN RIGHT-LEFT-RIGHT PRESS LEFT KICK BACK LOCK BACK TRIPLE ½ TURN RIGHT

1&2 Run forward small steps right, left, right
3-4 Press forward on the ball of left foot, push up kick left foot forward
5&6 Step back left, lock right over left step left back
7&8 Triple shuffle ½ turn right stepping right, left, right

VAUDEVILLE RIGHT VAUDEVILLE LEFT CROSS SIDE SAILOR ¼ LEFT

1&2& Cross left over right, step back on right, tap left heel to left diagonal, step left in place
3&4& Cross right over left, step back on left, tap right heel to right diagonal, step right in place
5-6 Cross left over right, step right to right side
7&8 Step left back, turn ¼ left stepping right to right side, step left in place

STEP TOUCH & HEEL & TOUCH TURN ¼ KICK BACK LOCK BACK

1-2 Step forward right, touch left beside right
&3&4 Step back on left, tap right heel forward, step right next to left, touch left beside right
5-6 Turn ¼ left on balls of feet, kick left foot forward
7&8 Step back left, lock right over left, step back left

JUMP BACK RIGHT, LEFT CLAP KNEE POPS HIP ROLLS TWICE TO THE LEFT

&1-2 Jump back right left, hold and clap
3-4 Pop right knee forward, pop left knee forward
5-6 Roll hips full circle in to the left direction
7-8 Roll hips full circle in to the left direction

CROSS & KICK TWICE TRAVELING FORWARD, CROSS UNWIND ½ LEFT HEELS RIGHT, LEFT

1&2& Traveling forward cross right over left, step left in place, kick right to right diagonal, step right in place
3&4& Traveling forward cross left over right, step right in place, kick left to left diagonal, step left in place
5-6& Cross right over left, unwind ½ turn left
7-8 Swivel heels to the right, swivel heels to the left

Option: dancers can replace swivels with applejacks for the count 7&8& of this section and 1&2 of next section

HEEL SWIVELS ROCK & CROSS SIDE ROCK SAILOR ¼ TURN LEFT

1-2 Swivel heels to the right, swivel heels to the left
3&4 Rock right to right side, step left in place, cross right over left
5-6 Rock left to left side, step right in place
7&8 Step left back, turn ¼ left stepping right to right side, step left in place

REPEAT