

# U Can Run

拍数: 48      墙数: 2      级数: Intermediate  
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音乐: Escape - Enrique Iglesias



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## SIDE STEP, SLIDE LEFT, LEFT SAILOR STEP, WALK FORWARD, ½ TURN LEFT, KICK LEFT

1-2            Step right to right side, slide left up towards right  
3&4           Cross left behind right, step right to right side, step left beside right(taking weight)  
5-6           Step forward on right, step forward on left  
7-8           Step forward on right, on ball of right make ½ turn left kicking left foot forward

## COASTER STEP, RIGHT KICK BALL-TOUCH, CROSS BEHIND, SIDE STEP, LEFT KICK BALL-TOUCH

9&10          Step back on left, close right beside left, step forward on left  
11&12        Kick right forward, step right beside left, touch left toe to left side  
13-14        Cross left behind right, step right to right side  
15&16        Kick left forward, step left beside right, touch right toe to right side

## STEP FORWARD, LOCK BEHIND, STEP FORWARD, LEFT ROCK & CROSS, RIGHT SIDE ROCK, KICK

17-18        Step forward on right, lock left behind right  
19            Step forward on right  
20&21        Rock left to left side, recover weight onto right, cross left over right  
22-23        Rock right to right side, recover weight onto left  
24            Kick right foot forward

## TWO TOE STRUTS BACK, SLOW COASTER STEP, TOUCH TO SIDE

25-26        Touch right toe back, snap right heel down to the floor  
27-28        Touch left toe back, snap left heel down to the floor  
29-30        Step back on right, close left beside right  
31-32        Step forward on right, touch left toe to left side

## CLOSE, CROSS ROCK, CHASSE RIGHT, CROSS ROCK, STOMP LEFT(NO WEIGHT), KICK LEFT

&            Close left beside right  
33-34        Cross rock right over left, recover weight back onto left  
35&36        Step right to right side, close left beside right, step right to right side  
37-38        Cross rock left over right, recover weight back onto right  
39-40        Stomp left beside right(with no weight), kick left foot forward

## LEFT ROLLING VINE, SCUFF RIGHT, STEP PIVOT ½ TURN LEFT TWICE

41-42        Make ¼ turn left stepping forward on left, make ¼ turn left stepping right to right side  
43-44        Make ½ turn left stepping left to left side, scuff right foot forward  
45-46        Step forward on right, on the balls of both feet pivot ½ turn left  
47-48        Step forward on right, on the balls of both feet pivot ½ turn left

**REPEAT**

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