You Runaway

拍数: 40

级数: Improver

编舞者: Al Carrasco (USA)

音乐: Runaway - Cher

RIGHT, LEFT HEEL SWIVELS

- 1-4 Swivel right heel out, in, out, in
- 5-8 Swivel left heel out, in, out, in

RIGHT FORWARD, LEFT FORWARD, HEEL SWIVELS

- 1-4 Step forward right with toe pointed in, swivel heel in, out, in
- 5-8 Step forward left with toe pointed in, swivel heel in, out, in

ROCK STEPS, SHUFFLE STEPS, ½ TURNS

- 1-2 Rock forward on right, rock back on left
- 3&4 Shuffle right, left, right while turning ½ turn to the right
- 5-6 Rock forward on left, rock back on right
- 7&8 Shuffle left, right, left while turning ½ turn to the left

RIGHT MONTEREY TURNS

- 1-2 Point right to right, spin ¹/₂ turn to the right bringing right beside left
- 3-4 Point left to left, step left beside right
- 5-8 Repeat counts 1-4

ROCK STEPS, JAZZ BOX WITH ¼ TURN LEFT

- 1-2 Rock forward on right, rock back on left
- 3-4 Rock back on right, rock forward on left
- 5-8 Step right across in front of left, step back on left turning ¼ turn left, step weight back to right, step left beside right

REPEAT





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墙数:4