

I'm Not Running Anymore

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver social cha
编舞者: Leanne Nahrgang (FR)
音乐: I'm Not Running Anymore - Jason McCoy



CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1-2 Cross rock left over right, rock back on right
3&4 Side shuffle left, right, left
5-6 Cross rock right over left, rock back on left
7&8 Side shuffle right, left right

STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD, ROCK, FORWARD, BACK, COASTER

9-10 Step forward on left, ½ turn pivot right weight on right
11&12 Shuffle forward left, right, left
13-14 Rock forward on left, back on right,
15&16 Step back on left, step right beside right, step forward on left

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

17-18 Cross rock left over right, rock back on right
19&20 Side shuffle left, right, left
21-22 Cross rock right over left, rock back on left
23&24 Side shuffle right, left right

STEP FORWARD, ¼ PIVOT, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

25-26 Step forward on left, ¼ pivot right, weight on right
27&28 Cross shuffle left over right, side right, left over right
29-30 Side rock on right, rock side left
31&32 Cross shuffle, right over left, side left, right over left

LEFT WEAVE, ¼ PIVOT, ½ PIVOT, ¼ PIVOT, SIDE RIGHT, STEP BEHIND, ¼ PIVOT

33-34 Step side left, right behind
35-36 ¼ turn pivot on left, ½ turn pivot on right
37-38 ¼ turn pivot on left, step side right
39-40 Step left behind right, ¼ turn pivot on right

FORWARD LEFT, ½ PIVOT, ¼ PIVOT, CROSS ROCK, BACK ROCK

41-42 Step forward left, ½ turn pivot right, step on right
43-44 ¼ turn pivot right on left, step on right
45-46 Cross rock left over right, step back on right
47-48 Side rock on left, step side right

REPEAT

TAG

At end of wall 2, after doing count 48, repeat counts 45-48, begin dance again

RESTART

At beginning of wall 5, dance first 8 counts then begin dance again