

Chicks On The Run

COPPERKNOB
STEPPERS

拍数: 52 墙数: 1 级数: Intermediate
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音乐: Ready to Run - The Chicks



- 1-2 Touch right toe forward; step right foot together
3-4 Touch left toe forward; step left foot together
5-8 Repeat (steps 1-4)
- 9-10 Step right foot forward; pivot a ½ turn to the left
11-12 Step right foot forward; pivot a ½ turn to the left
13-14 Step right foot to the side; cross left foot behind right
15-16 Step right foot to the side; stomp left & clap
- 17-18 Step left foot to the side; cross right foot behind left
19-20 Step left foot to the side; stomp right & clap (weight on left)
&21 Step right to the side; step left to the side
&22 Step right to center; step left to center
&23 Step right to the side; step left to the side
&24 Step right to center; step left to center (weight on right)
- 25& Step left foot forward; slide right foot together
26& Step left foot forward; slide right foot together
27-28 Step left foot forward; kick right foot forward & clap
29-30 Step back onto right foot; step back onto left foot
31&32 Right shuffle backward making a ½ turn to the right
- 33& Step left foot forward; slide right foot together
34& Step left foot forward; slide right foot together
35-36 Step left foot forward; kick right foot forward & clap
37-38 Step back onto right foot; step back onto left foot
39& Step back onto right foot; step left foot together next to right
40 Step forward onto right foot
- &41 Step left foot to the left side; step right foot to the right side
&42 Step left foot together; cross right foot over left
43 Unwind a ½ turn left (as you finish turn, shift weight to right foot)
44 Clap
45-46 Step forward onto left foot; stomp right foot together & clap
47-48 Step back onto right foot; stomp left foot together & clap
- 49-50 Step back onto left foot; stomp right foot together & clap
51-52 Step forward onto right foot; stomp left foot together (shifting weight to left foot) & clap

REPEAT
