

Born To Run

拍数: 32 墙数: 4 级数: Improver
编舞者: Anne Harris (UK)
音乐: She Was Born to Run - Brooks & Dunn



RIGHT STEP; ½ PIVOT; ½ TURN SHUFFLE; ROCK BACK; RECOVER; LEFT SHUFFLE FORWARD

1-2 Right step forward, turning left pivot ½ turn (weight on left)
3&4 Still turning left make ½ as you shuffle right, left, right
5-6 Rock back on to left foot, recover weight forward on to right
7&8 Shuffle forward left (left forward, right close to left, left forward)

RIGHT ROCKING CHAIR; ROCK; RECOVER; STEP; ¼ PIVOT; RIGHT CROSS SHUFFLE

1-2 Rock (step) forward on to right, recover weight back on to left
3-4 Rock (step) back on to right, recover weight forward on to left
5-6 Right step forward, turning left make ¼ turn (weight on left)
7&8 Cross shuffle right (traveling to left side)

LEFT SIDE ROCK; RECOVER; LEFT SAILOR STEP; STEP; ½ PIVOT; RIGHT SHUFFLE FORWARD

1-2 Left rock (step) to left side, recover weight onto right
3&4 Left step behind right, right step to right side, left step forward slightly
5-6 Right step forward, turning left pivot ½ turn (weight on left)
7&8 Shuffle forward right (right forward, left close to right, right forward)

HEEL FORWARD; TOE BACK; ½ TURN; STEP; ROCK; RECOVER; STEP BACK; TOUCH

1-2 Touch left heel forward, touch left toe back
3 Turning left make ½ turn as you put weight onto left
4 Right step forward
5-6 Rock (step) forward on to left, recover weight back on to right
7-8 Step back on to left, touch right toes across and to left side of left foot

REPEAT

TAG

At end of wall 8 (you will be facing front) you need to add the following 4 counts

STEP; TOUCH; STEP; TOUCH

1-2 Right step forward, touch left toes beside right
3-4 Left step forward, touch right toes beside left

As music fades, continue the dance until you face front on last count of dance
