

Run Rudolph!

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sue Ann Ehmann (USA) - December 2007
音乐: Run Run Rudolph - Chuck Berry



Intro: 16 counts (Begin on vocals)

(1-8) HEEL, TOE, HEEL, TOE (2X)

- 1-2 Touch Right Heel forward, touch right toe across left foot.
- 3-4 Touch Right Heel forward, step in place beside left foot.
- 5-6 Touch Left Heel forward, touch left toe across right foot.
- 7-8 Touch Left Heel forward, step in place beside right foot.

(9-16) LOCK STEP, BRUSH, LOCK STEP, BRUSH

- 1-2 Step forward on right foot, slide left foot up behind right,
- 3-4 Step forward on right foot, brush left foot forward.
- 5-4 Step forward on left foot, slide right foot up behind left,
- 7-8 Step forward on left foot, brush right foot forward.

(An easy alternative to the lock step is to step, step together, step forward.)

(17-24) STEP, HOLD, STEP ¼ TURN LEFT, HOLD, JAZZ BOX

- 1-2 Step forward on right foot (1), Hold (2)
- 3-4 Turn ¼ turn left shifting weight to left foot (3), Hold (4). (9:00)
- 5-6-7-8 Step right foot across left, step diagonally back on left, Step right foot to right side, step left foot beside right.

(25-32) STEP, HOLD, STEP ¼ TURN LEFT, HOLD, JAZZ BOX

- 1-2 Step forward on right foot (1), Hold (2)
- 3-4 Turn ¼ turn left shifting weight to left foot (3), Hold (4). (6:00)
- 5-6-7-8 Step right foot across left, step diagonally back on left, Step right foot to right side, step left foot beside right.

Begin Again!
