

Runnin

拍数: 64 墙数: 2 级数: Improver
编舞者: Karen Sturmey (UK) - November 2009
音乐: I Ain't Runnin Yet - Gary Allan : (CD: It Would Be You)



Start on vocals.

SECTION 1: FORWARD ROCK ,SIDE ROCK, BACK ROCK, SHUFFLE

- 1,2 □ right rock forward, recover on left
- 3,4 □ right rock to right side, recover on left
- 5,6 □ right rock back, recover on left
- 7&8 □ right shuffle forward

SECTION 2: LEFT ½ TURN STRUT, RIGHT 1/2 TURN STRUT, LEFT ROCK, RECOVER LEFT STEP ¾ TURN LEFT. RIGHT BESIDE LEFT

- 1, 2 □ left toe strut back making ½ turn right
- 3,4 □ right toe strut forward making ½ turn right
- 5,6 □ left rock forward, recover on right
- 7,8 □ left step making ¾ turn left, right step beside left weight on right

SECTION 3: FORWARD ROCK, SIDE ROCK, BACK ROCK, SHUFFLE

- 1 - 8 □ repeat section 1 on opposite feet (left foot leading)

SECTION 4: RIGHT TOE STRUT ½ TURN L. LEFT TOE STRUT ½ TURN LEFT. RIGHT ROCK FORWARD, RECOVER, RIGHT STEP ¼ TURN RIGHT LEFT STEP BESIDE RIGHT

- 1,2 □ right toe strut back making ½ turn left
- 3,4 □ left toe strut forward making ½ turn left
- 5,6 □ right rock forward, recover on left
- 7,8 □ right step making ¼ turn right. left step beside right weight left.

SECTION 5: RIGHT ROCK BACK, RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK RECOVER, LEFT SIDE TOGETHER.

- 1,2 □ right rock back, recover on left
- 3&4 □ right side shuffle **
- 5,6 □ left rock back, recover on right
- 7,8 □ left step to left side, right step beside left

SECTION 6: ¼ SHUFFLE, STEP ¾, SIDE SHUFFLE ROCK BACK, RECOVER

- 1&2 □ left side shuffle making ¼ turn left
- 3,4 □ right step forward, pivot ¾ turn left
- 5&6 □ right side shuffle
- 7,8 □ left rock back, recover on right

SECTION 7: LEFT KICK BALL CHANGE. LEFT ROCK, RECOVER, 1 ½ TURN LEFT STEPPING L.R.L.R.

- 1&2 □ left kick ball change
- 3,4 □ left rock forward, recover on right
- 5,6 □ left step forward making ½ turn left, right step back making ½ turn
- 7,8 □ left step forward making ½ turn left, right step forward

SECTION 8: LEFT ROCK FORWARD, RECOVER, 2 SAILORS BACK, LEFT TOE BACK, UNWIND ½ TURN LEFT

- 1,2 □ left rock forward, recover on right
- 3&4 □ left sailor shuffle travelling back

5&6□ right sailor shuffle travelling back
7,8 □ left toe touch back, unwind ½ turn left weight on left

Start again

**** 4 count tag during wall 2 facing front wall**

During section 5 dance first 4 counts of section then:

1, 2□ left rock back, recover

3&4□ left side shuffle

Start dance from beginning

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