

I Run To You

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rachael McEnaney (USA) - June 2010
音乐: I Run to You - Lady A : (Album: Need You Now)



Count In: 32 counts from start of track – dance begins on vocals

(1 – 8) R diagonal shuffle, L side rock, L diagonal shuffle, R step back ¼ turn L, L side

- 1 & 2 Angle body to 10.30 step forward on right (1), step left next to right (&), step forward on right (2) 10.30
- 3 - 4 Angle body to 12.00 rock left to left side (3), recover weight onto right (4) 12.00
- 5 & 6 Angle body to 1.30 step forward on left (5), step right next to left (&), step forward on left (6) 1.30
- 7 - 8 Make ¼ turn left stepping back on right (now facing side wall 9.00) (7), step left to left side (8) 9.00

(9 – 16) Syncopated weave, L side, hold, ball side rock

- 1 2 3 & 4 Cross right over left (1), step left to left side (2), cross right behind left (3), step left to left side (&), cross right over left (4) 9.00
- 5 6 & 7 8 Step left to left side (5), hold (6), step right next to left (&), rock left to left side (7), recover weight onto right (8) 9.00

(17 – 24) L diagonal shuffle, R side rock, R diagonal shuffle, L step back ¼ turn R, R side (repeat 1-8 but opposite foot)

- 1 & 2 Angle body to 10.30 step forward on left (1), step right next to left (&), step forward on left (2) 10.30
- 3 - 4 Angle body to 9.00 rock right to right side (3), recover weight onto left (4) 9.00
- 5 & 6 Angle body to 7.30 step forward on right (5), step left next to right (&), step forward on right (6) 7.30
- 7 - 8 Make ¼ turn right stepping back on left (now facing front) (7), step right to right side (8) 12.00

(25 – 32) Syncopated weave, big step R, hold dragging L, L coaster step.

- 1 2 3 & 4 Cross left over right (1), step right to right side (2), cross left behind right (3), step right to right side (&), cross left over right (4) 12.00
- 5 - 6 Step right to right side (big step (5), hold dragging left foot towards right (6), 12.00
- 7 & 8 Step back on left (7), step right next to left (&), step forward on left (8) 12.00

(33 – 40) R shuffle, Step forward L, ½ pivot turn R, full turn R travelling forward (or 2 walks), L rock forward

- 1 & 2 3 4 Step forward on right (1), step left next to right (&), step forward on right (2), step forward on left (3), pivot ½ turn right (4) (weight R) 6.00
- 5 - 6 Make ½ turn right stepping back on left (5), make ½ turn right stepping forward on right (6)
Easy option: Walk forward right (5), left (6) 6.00
- 7 - 8 Rock forward on left (7), recover weight onto right (8) 6.00

(41 – 48) L coaster cross, R side rock, R sailor step, L sailor step

- 1 & 2 3 4 Step back on left (1), step right next to left (&), cross left over right (2), rock right to right side (3), recover weight onto left (4) 6.00
- 5 & 6 Cross right behind left (5), step left next to right (&), step right to right side (6) 6.00
- 7 & 8 Cross left behind right (7), step right next to left (&), step left to left side (8) 6.00

(49 – 56) R cross rock, R side, L cross rock, ¼ turn L stepping forward L, ½ turn L stepping back R, ¼ turn L

- 1 2 3 Cross rock right over left (1), recover weight onto left (2), step right to right side (3) 6.00
- 4 5 6 Cross rock left over right (4), recover weight onto right (5), make ¼ turn left stepping forward on left (6) 3.00

7 - 8 Make ½ turn left stepping back on right (7), make ¼ turn left stepping left to left side (8) 6.00

(57 – 64) R cross rock, R chasse, L cross, R side, L sailor step

1 2 3 & 4 Cross rock right over left (1), recover weight onto left (2), step right to right side (3), step left next to right (&), step right to right side (4) 6.00

5 - 6 Cross left over right (5), step right to right side (6) 6.00

7 & 8 Cross left behind right (7), step right next to left (&), step left to left side (8) end with body angled to 4.30 (facing back wall) ready to start again 6.00

START AGAIN, HAVE FUN!

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