

Running Out

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - July 2010
音乐: Running Out - Scissor Sisters : (CD: Night Work)



Intro: 40 counts from main rhythm – start on vocals

SIDE, TOGETHER, HEEL GRIND ROCK, SHUFFLE, HEEL SWITCHES WITH ¼ TURN

1-2 Step right to right, step left beside right
3-4 Grind right heel forward, recover back onto left
5&6 Shuffle forward stepping right, left, right
7&8& Touch left heel forward, step left beside right, make ¼ turn right & touch right heel forward,
step right beside left

SIDE, TOGETHER, SHUFFLE, FULL TURN, ½ PIVOT

9-10 Step left to left, step right beside left
11&12 Shuffle forward stepping left, right, left
13-14 Make ½ turn left and step right back, make ½ turn left and step left forward

(alternative option: 2 walks forward)

15-16 Step right forward, pivot ½ turn left

CROSS, SIDE, SAILOR, CROSS ROCK, DIAGONAL COASTER

17-18 Step right across left, step left to left
19&20 Step right behind left, step left to left, step right to right
21-22 Rock left across right, recover onto right
23&24 Step left back, step right beside left, step left forward

(counts 21-24 are danced angled towards the right diagonal)

ROCK, BACK SHUFFLE, WALKS BACK, HALF TURN, TOUCH

25-26 Rock right forward (straightening up), recover onto left
27&28 Shuffle back stepping right, left, right
29-30 Walk back stepping left, right
31-32 Make ½ turn left and step left forward, touch right beside left

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