

Run With Me

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Theresa Needham (UK) - December 2010
音乐: Run With Me - Jason Blaine : (CD: Sweet Sundown)



32 count intro from heavy beat.

TOE TOUCHES R & L, POINT SIDE ¼ R, KICK BALL STEP FORWARD X 2

1 & 2 & Touch R toe forward, step R beside L, touch L toe forward, step L beside R
3 – 4 Point R toe to R side, ¼ turn R [3 – 00]
5 & 6 Kick R foot forward, step R beside L, step forward on L
7 & 8 Kick R foot forward, step R beside L, step forward on L

ROCK RECOVER SHUFFLE ½ R, FULL TURN R, FORWARD MAMBO

1 – 2 Rock forward onto R, recover onto L
3 & 4 Shuffle ½ turn R, [9 – 00]
5 – 6 Full turn R stepping back on L and forward on R
7 & 8 Rock forward onto L recover onto R, step L beside R

CROSS ¼ R, SIDE CHASSE, CROSS SIDE SAILOR ¼ L

1 – 2 Cross R over L, ¼ turn R stepping back on L [12 – 00]
3 & 4 Step R to R side, step L beside R, step R to R side
5 – 6 Cross L over R, step R to R side
7 & 8 Sailor step ¼ turn L [9 – 00]

SKATE SKATE SHUFFLE, STEP ½ TURN R, SHUFFLE FORWARD

1 – 2 Skate forward R and L
3 & 4 Shuffle forward on a R,L,R
5 – 6 Step forward on L, ½ turn R [3 – 00]
7 & 8 Shuffle forward on a L,R,L

FORWARD ROCK COASTER CROSS, SIDE ROCK BEHIND ¼ TURN R, STEP

1 – 2 Rock forward onto R, recover onto L
3 & 4 Step back on R, step L beside R, cross R in front of L
5 – 6 Rock sideways onto L recover onto R
7 & 8 Step L behind R, ¼ turn R stepping forward on R, step forward on L [6 – 00]

FORWARD ROCK, TRIPLE FULL TURN R, CROSS SIDE SAILOR ¼ L

1 – 2 Rock forward on R recover onto L
3 & 4 Triple full turn R on a R,L,R
5 – 6 Cross L over R, step R to R side
7 & 8 Sailor step ¼ turn L [3 – 00]

Contact: Theresa Needham - maurice.needham@ntlworld.com