

Running Scared

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Clare Bull (UK) - May 2011
音乐: Running Scared - Ell & Nikki : (Album: Eurovision Song Contest Dusseldorf 2011
- Eurovision 2011 - Azerbaijan)



INTRO : 32 COUNTS

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

1,2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5,6 Cross left over right, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

CROSS, BACK & CROSS SIDE, CROSS ROCK, FULL ROLLING TURN

1,2 Cross right over left, step back on left
&3,4 Step right to right side, cross left over right, step right to right side
5,6 Cross rock left over right, recover on right
7&8 Turn 1/4 left stepping on left, turn 1/2 left stepping back on right, turn 1/4 left stepping left to left side

FWD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS SHUFFLE

1,2 Rock fwd on right, recover on left
3,4 Rock right to right side, recover on left
5,6 Step right behind left, step left to left side
7&8 Cross right over left, step left to left side, cross right over left

TURN 1/4 LEFT, STEP, STEP 1/2 STEP, TRIPLE TURN, COASTER STEP

1,2 Turn 1/4 left stepping fwd on left, step fwd on right
3&4 Step fwd on left, make a 1/2 turn right stepping fwd on right, step fwd on left
5&6 Full triple turn left stepping right left right
7&8 Step back on left, step right next to left, step fwd on left

ENDING ; TO FINISH FRONT DANCE UP TO STEP 22 ON WALL 7 AND REPLACE 23 & 24 WITH A SAILOR 1/2 TURN

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