

Running In The Rain

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Clare Bull (UK) - September 2011
音乐: Running In the Rain - MonkeyJunk : (Album: To Behold)



Intro: 16 Counts From Heavy Beat

KICK BALL STEP, FWD ROCK, SHUFFLE BACK, BACK ROCK

1&2 Kick right toe fwd, replace weight on right, step on left
3-4 Rock fwd on right, replace weight on left
5&6 Step back on right, step left next to right, step back on right
7-8 Rock back on left, recover weight on right

CROSS POINT x2, JAZZ 1/4 TURN

1-2 Cross left over right, touch right toe to right side
3-4 Cross right over left, touch left toe to right side
5-6 Cross left over right, step back on right making a 1/4 turn left
7-8 Step left to left side, step fwd on right

L&R DOROTHY STEPS, FWD ROCK, SHUFFLE 1/2 TURN

1-2& On left diagonal step fwd on left, lock right behind left, step slightly forward on right
3-4& On right diagonal step fwd on right, lock left behind right, step slightly forward on left
5-6 Rock fwd on left, recover on right
7&8 Turning 1/2 left step fwd on left, step together with right, step fwd on left

SHUFFLE 1/2 TURN, SHUFFLE 1/4 TURN, JAZZ BOX

1&2 Turning 1/2 left step back on right, step together with left, step back on right
3&4 Turning 1/4 left step fwd on left, step together with right, step left to side
5-6 Cross right over left, step back on right
7-8 Step right to right side, step fwd on left

ENJOY!!

Contact: clarebull.com - sistersioux@googlemail.com