

Run for the Border

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner - Social dance
编舞者: Kathy Hunyadi (USA) - March 2012
音乐: Run for the Border - Ryan Broshear



16 count intro

[1-8] SIDE TOGETHER RIGHT, CHASSE' RIGHT, SIDE TOGETHER LEFT, CHASSE' LEFT

1,2 Step R to side right, Step L together with R
3&4 Step R to side, Step L beside R, Step R to side
5,6 Step L to side left, Step R together with L
7&8 Step L to side, Step R beside L, Step L to side

[9-16] STEP SLIDE, FORWARD RIGHT SHUFFLE, STEP, RIGHT 1/2 TURN WITH HOOK, FORWARD RIGHT SHUFFLE

1,2 Step forward on R, Slide L up to R in 5th position (toe to heel)
3&4 Shuffle forward R, L, R
5,6 Step forward on L, Turn 1/2 to right at same time hook R foot in front of L leg
7&8 Shuffle forward R, L, R

[17-24] ROCK STEP, COASTER STEP x 2

1,2 Rock forward on L, Recover weight to R
3&4 Step back on L, Step R beside L, Step L forward
5,6 Rock forward on R, Recover weight to L
7&8 Step back on R, Step L beside R, Step R forward

[25-32] CROSS ROCK, LEFT 1/4 TURN WITH SAILOR SHUFFLE, STEP TOUCH, STEP TOUCH

1,2 Rock L forward and across R, Recover weight to R
3&4 Cross L behind R and turn 1/4 to left, Step R to side, Step L in place
5,6 Step forward on R, Touch L toe next to R
7,8 Step forward on L, Touch R toe next to L

BEGIN AGAIN

Music available - (RyanBroshear.com) available on cdbaby.com or iTunes.com

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