

Run The World

拍数: 88 墙数: 2 级数: Phrased Advanced
编舞者: Dan McInerney (UK) - February 2012
音乐: Run the World (Girls) - Beyoncé : (Album: 4)



Starts: After 32 counts/15 seconds just as she sings "who run the world?"

PART A – 64 COUNTS

POINT AND POINT AND HITCH AND TOUCH, KICK AND TOUCH TURN POINT HITCH TOGETHER

- 1&2& Point L to L side, step L next to R, point R to R side, step R next to L
3&4 Hitch L knee and you turn head 1/4 R, step L slightly forward, turn head 1/4 turn L touching R next to L
5&6& Kick R forward, step R next to L, touch L back, bring L next to R as you turn 1/4 L (09:00)
7&8 Point R to R side, hitch R in front, step R next to L

KICK AND KICK AND KICK HITCH STEP, KICK AND KICK AND KICK HITCH TOUCH

- 1&2& Kick L low and forward, step L next to R, kick R low and forward, hitch R low and in place (not forward)
3&4 Kick R low and back, make 1/2 turn R as you hitch R, step R next to L (03:00)
5&6& Kick L low and forward, step L next to R, kick R low and forward, hitch R low and in place (not forward)
7&8 Kick R low and back, make 1/2 turn R as you hitch R, touch R next to L (09:00)

AND TOUCH AND TOUCH AND TOUCH OUT OUT AND CROSS AND KICK AND CROSS AND KICK

- &1&2 Step R back, touch L next to R, step L back, touch R next to L
&3&4 Step R back, touch L next to R, step L out to L side, step R out to R side (weight on R)
&5&6 Step weight onto L, step R across L, step L to L side, open body and kick R to R diagonal
&7&8 Step R to R side, step L across R, step R to R side, open body and kick L to L diagonal
(OPTION: as you kick on count 6, lift L arm to L side, bent 90 degrees at the elbow with forearm vertical, making a 'gun' shape with hand with fore and middle fingers up and thumb parallel with the ground, dropping it on &7, then repeat with the R arm on 8 leaving it up to the side for next section)

BOUNCE, BOUNCE, RUN RUN RUN, BOUNCE, BOUNCE, RUN RUN RUN

- &1&2 (Through &1&2 make a 3/4 turn L on ball of R - ending facing 12:00) Hitch L slightly as you lift R heel, lower the L foot slightly as you drop R heel, repeat the bounce again (12:00)
3&4 Step L back, step R next to L, step L back
&5&6 (Through &5&6 make a 1/2 turn R on ball of L - ending facing 06:00) Hitch R slightly as you lift L heel, lower the R foot as you drop L heel, repeat the bounce again (06:00)
7&8 Step R back, step L next to R, step R back

(OPTION: with R arm still up from last section, from shoulder rotate forearm forward 45 degrees slightly on 1 when you drop the R heel, then rotate back 45 degrees on & count as you lift the R heel, rotate forward again on 2 and then drop on 3. Lift L arm and repeat with the L arm for 5&6, drop on 7)

BUMP AND BUMP AND TURN, TOUCH, BUMP AND BUMP AND SIDE, TOUCH

- 1&2& Touch L to L side as you bump hips L, bump hips R, bumps hips L, bump hips R
3, 4 Make 1/4 turn L as you step a long step forward with L, touch R next to L (03:00)
5&6& Touch R to R side as you bump hips R, bump hips L, bump hips to R, bump hips L
7, 8 Step R a long step to R side, touch L next to R

(OPTION: (without touching your body) on count 3 move your L hand from your R shoulder across to your L, on count 4 drop the L arm down, on count 7 move your R hand from L shoulder across to your R, and drop the arm down on count 8)

KICK AND ROCK AND KICK AND ROCK AND QUARTER, STEP, PIVOT, TOGETHER

- 1&2& Kick L to L diagonal, step L to L side, rock R behind L, recover onto L

- 3&4& Kick R to R diagonal, step R to R side, rock L behind R, recover onto R
 5, 6 Make 1/4 L stepping L forward, step R forward (12:00)
 7, 8 Pivot 1/2 L taking weight on L, step R in place next to L as you drop head face down, arms by your side (06:00)

BEND BEND STRAIGHT STRAIGHT UP UP HEAD, RIGHT AND LEFT AND OUT OUT HIPS

- 1& (1) Raise R arm in front, bent at elbow, elbow just below chest height, flat open palm with fingers closed and pointing down, palm facing body, (&) repeat 1 with L arm
 2& (2) Raise R forearm so arm is about level with shoulder, slightly bent at elbow, palm facing down, (&) repeat with L
 3& (3) Raise R forearm up in line with shoulder and level with side of head, palm facing head, (&) repeat with L
 4 Lift head and face forward normally
 5& (5) Bend R hand at wrist 45 degrees L, palm facing down, tilt head at neck 45 degrees L, (&) bend R hand 45 degrees R palm facing head again, tilt head back to centre
 6& Repeat 5& with L hand bending R and tilting head R then returning
 7& (6) Bring R arm out to the side, bent 90 degrees at elbow, R hand 4 inches away from hip, (&) repeat with L
 8 Put both hands on hips

(NOTE: keep hands on hips for the next section)

SHOULDERS STEP AND SHOULDERS STEP, OUT, OUT, TOES HEELS TOES

- 1&2& (1) Step L forward on toe (heels raised) as you push R shoulder forward and bring L shoulder back, (&) bring R shoulder back as you push L shoulder forward, (2) drop L heel as you push R shoulder forward and bring L shoulder back, (&) bring R shoulder back as you push L shoulder forward
 3&4& (3) Step R forward on toe (heels raised) as you push R shoulder forward and bring L shoulder back, (&) bring R shoulder back as you push L shoulder forward, (2) drop R heel as you push R shoulder forward and bring L shoulder back, (&) bring R shoulder back to centre
 5, 6 Step L forward and out to L diagonal as you look to the L diagonal, step R out to R side as you look to R diagonal
 7&8 Face forward as you bring both toes in, bring both heels in, bring both toes to centre

(NOTE: the shoulder movements 1&2&3&4& can be described as/compared to a 'shimmy' action)

(OPTION: on the third time you dance A, the 'shimmy' can be danced double-time to fit the music)

PART B – 24 COUNTS

LUNGE, RECOVER, HIP ROLLS, LUNGE RECOVER, HIP ROLLS

- 1, 2 Lunge L to L side, recover onto R
 3, 4& In one count roll hips to the L and back to the R, repeat the hip roll, step L next to R
 5, 6 Lunge R to R side, recover onto L
 7, 8& In one count roll hips to the R and back to the L, repeat the hip roll, step R next to L

(OPTION: on count 1 extend the L arm to the L side just about waist height, bring in on 3, and repeat with the R arm to R side on count 5, bringing it back in on 7)

SIDE, ROCK RECOVER TURN, STEP TURN ROCK, RECOVER AND ROCK, RECOVER AND

- 1, 2& Step L to L side, rock R behind L, recover weight onto L
 3, 4& Make 1/4 R as you step forward R, step forward L as you begin to turn R, make 3/4 turn R (12:00)
 5, 6& Rock L to L side, recover weight onto R, step L next to R
 7, 8& Rock R to R side, recover weight onto L, step R next to L

PIVOT TURN, PIVOT TURN, ROCK, RECOVER, OUT OUT, STEP TOUCH

- 1, 2 Step forward L, pivot 1/2 turn R transferring weight onto R (06:00)
 3, 4 Step forward L, pivot 1/2 turn R transferring weight onto R (12:00)
 5, 6 Rock forward onto L, recover back onto R
 &a7 Step L back and out to L side, step R out to ride side, hold

8& Step R next to L, touch L next to R

(OPTION: following the lyrics "You'll do..." (point), "...anything..." (nods), "...for me..." (thumb points) : On count 1 extend L arm forward (just above waist height) pointing forward, bring it in on 2, nod your head once on 3 and again on 4, raise L arm bent at elbow, parallel to your body, L hand in a fist with the thumb out as you touch chest with thumb on 5 and again on 6 then bring it down)

(NOTE: this might sound confusing (if so, please ignore!), however if you split this section into two and count it in double-time, then the "8&" is described as "5, 6, 7, 8" for "out out, hold, step, touch")

PHRASING: A, A, B, A, A, B, A, A – End facing the front wall after 48 counts: head down!

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