

Gotta Run (P)

拍数: 32 墙数: 0 级数: Intermediate - Partner
编舞者: Paula Frohn (USA) & Michael Silva (USA) - October 2012
音乐: All Just to Get to You - Pat Green



Alt. music:-

Time Is Love by Josh Turner (112 BPM),

Take Ya Back by Corey Wagar (114 BPM)

Teach Music: Wanted You More- Lady Antebellum (88 BPM)

Starting position: Man on inside facing OLD; Lady on outside facing ILOD; Double Hand Hold

[1-8] VINE, ¼ TURN, SCUFF, PIVOT ½ TURN, PIVOT ¼ TURN

MAN

1,2,3,4 Step L to side, cross R behind L, step L forward ¼ L, scuff R next to L Release hands

5,6,7,8 Step fwd R, pivot ½ L transferring to L, step fwd R, pivot ¼ L transferring to L

LADY

1,2,3,4 Step R to side, cross L behind R, step R forward ¼ R, scuff L next to R

5,6,7,8 Step fwd L, pivot ½ R, transferring to R, step fwd L, pivot ¼ R transferring to R

Rejoin hands, man's R, lady's L

[9-16] VINE, ¼ TURN, SCUFF, PIVOT ½ TURN, STEP FWD, SCUFF

MAN

1,2,3,4 Step R to side, cross L behind R, step R fwd ¼ R, scuff L next to R Release hands

5,6,7,8 Step fwd L, pivot ½ R transferring to R, step fwd L, scuff R

LADY

1,2,3,4 Step L to side, cross R behind L, step L forward ¼ L, scuff R next to L

5,6,7,8 Step fwd R, pivot ½ L, transferring to L, step fwd R, scuff L

Rejoin hands, man's R, lady's L

[17-24] 2 SHUFFLES FORWARD, FREE TURN, SHUFFLE

MAN

1&2 Shuffle stepping fwd R, step L next to R, step fwd R

3&4 Shuffle stepping fwd L, step R next to L, step fwd L

5, 6 Release hands, turn ½ L, step R back, turn ½ L, step L fwd

7& 8 Rejoin hands, shuffle stepping fwd R, step L next to R, step fwd R

LADY

1&2 Shuffle stepping fwd L, step R next to L, step fwd L

3&4 Shuffle stepping fwd R, step L next to R, step fwd R

5&6 Turn ½ R, step L back, turn ½ R, step R fwd

7, 8 Shuffle stepping fwd L, step R next to L, step fwd L

[25-32] MAN WALKS FORWARD, WRAP LADY IN THEN OUT FULL TURN TO FACE

MAN

1, 2 Walk fwd L then R join hands, Man's L and Lady's R, lady now in wrap

3 Step L fwd. release hands, Man's R and Lady's L

4, 5, 6 Walk fwd R, L, R

7, 8 Turn ¼ R, step L to side, step R next to L (with weight) rejoin hands

LADY

1, 2 Turn ½ L, step R back, turn ½ L, step L fwd

3 Step R fwd
4, 5, 6 Turn $\frac{1}{2}$ R, step L back, turn $\frac{1}{2}$ R, step R fwd, turn $\frac{1}{2}$ R, step L fwd
7, 8 Turn $\frac{1}{4}$ L, step R to side, step L next to R (with weight)

Start Over!

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