

Run To The Hills

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Adriano Castagnoli (IT) - September 2013
音乐: She's Gone, Gone, Gone - George Canyon



TOE STRUT FORWARD (RIGHT, LEFT), JUMPING CROSS, KICK, CROSS, KICK

1-2 Step Forward On Right Toe, Drop Right Heel Taking Weight
3-4 Step Forward On Left Toe, Drop Left Heel Taking Weight
5-6 Jumping Cross Right Over Left, Step Left Back And Kick Right Forward
7-8 Repeat 5-6

ROCK BACK RIGHT, STEP, STOMP, APPLE JACKS (LEFT, RIGHT)

1-2 Rock Back On Right, Return Onto Left
3-4 Step Right Forward, Stomp Left Beside Right
5-6 Swivel Left Toe And Right Heel To Left Side, Return Feet To Centre
7-8 Swivel Right Toe And Left Heel To Right Side, Return Feet To Centre

KICK, HOOK, KICK, FLICK UP BACK RIGHT, LOCK FORWARD RIGHT, HOOK

1-2 Kick Right Forward, Hook Right Over Left
3-4 Kick Right Forward, Flick Up Back Right
5-6 Step Right Forward, Lock Left Behind Right
7-8 Step Right Forward, Hook Left Behind Right

LOCK BACK LEFT, HOLD, TURN 1/2 RIGHT & ROCK STEP, TURN 1/2 RIGHT, STOMP

1-2 Step Left Back, Lock Right Over Left
3-4 Step Left Back, Hold
5-6 Turn 1/2 Right And Rock Forward Right, Recover Onto Left
7-8 Turn 1/2 Right On Left Foot And Step Right Forward, Stomp Left Beside Right

SWIVEL LEFT FOOT, STOMP UP, RIGHT SIDE, STOMP UP, LEFT SIDE, STOMP

1-2 Swivel Left Foot To Left Side (Toe, Heel)
3-4 Swivel Left Toe To Left Side, Stomp Up Right Beside Left
5-6 Step Right To Right Side, Stomp Up Left Beside Right
7-8 Step Left To Left Side, Stomp Right Beside Left

SWIVEL RIGHT FOOT, STOMP UP, LEFT SIDE, STOMP UP, RIGHT SIDE, STOMP UP

1-2 Swivel Right Foot To Right Side (Toe, Heel)
3-4 Swivel Right Toe To Right Side, Stomp Up Left Beside Right
5-6 Step Left To Left Side, Stomp Up Left Beside Right
7-8 Step Right To Right Side, Stomp Up Left Beside Right

CHASSE LEFT AND TURN 1/4 LEFT, HOLD, FULL TURN LEFT, KICK LEFT

1-2 Step Left To Left Side, Close Right Beside Left
3-4 Step Left Forward And Turn 1/4 Left, Hold
5-6 Step Right Forward, Pivot 1/2 Turn Left
7-8 Turn 1/2 Left On Left And Step Right Back, Kick Left Forward

KICK RIGHT, TURN 1/4 LEFT AND JUMPING JAZZ BOX (RIGHT, LEFT), STOMP UP

1-2 Kick Right Forward, Turn 1/4 Left And Jumping Cross Right Over Left
3-4 Step Left Back And Kick Right Forward, Step Right To Place And Kick Left Forward
5-6 Cross Left Over Right, Step Right Back And Kick Left Forward
7-8 Return Onto Left, Stomp Up Right Beside Left

TAG: Performed after 9th repetition

1-2-3-4 Stomp Right Forward (Taking Weight), Hold, Hold, Hold

5-6-7-8 Turn 1/2 Left On Right Foot And Stomp Left To Left Side, Hold, Hold, Hold
