

Run 2 U

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Cody James Lutz (USA) - October 2014
音樂: Run (feat. RedFoo of LMFAO) - Flo Rida



Begin on lyrics. 32 Count Intro.

KICK AND CROSS, OUT, KICK AND CROSS, PRESS, RECOVER, ½ TURN SAILORSTEP

1&2& Kick right forward, step ball of right next to left, cross left over right, step right to right
3&4 Kick left forward, step ball of left next to right, cross right over left
56 Press left out to left, recover weight to right
7&8 Step left behind right, step right out to right, make a ½ turn left stepping left forward

CROSS, OUT, BALL-CROSS, OUT, BALL-CROSS, OUT, RECOVER, ¾ TURN

1 Cross right over left
2&3 Step left out to left, step ball of right next to left, cross left over right
4&5 Step right out to right, step ball of left next to right, cross right over left
6& Step left out to left, recover weight to right
7&8 Step left toe behind right, make a ¾ turn left with weight on left toe, step down on left

STEP, CROSS-ROCK, RECOVER, 2 FULL TURNS, BACK SHUFFLE

123 Step forward on right, cross rock left over right, recover weight to right
45 Make a ½ turn left stepping forward on left, make a ½ turn left stepping back on right
6 Make a ½ turn left stepping forward on left
7&8 Make a ½ turn left stepping back on right, step left together with right, step back on right

Note: On count 2, you are prepping body for a two full-turn unwind to the left.

BACKSTEP, COASTER STEP, WALK x3, HEEL TURNS

12&3 Step back on left, step back on right, bring left together with right, step forward on right
456 Step forward on left, step forward on right, step forward on left
7&8& Swivel R heel ¼ left, swivel L heel ¼ left, swivel R heel ¼ right, swivel L heel ¼ right

KICK AND ROCK BACK x3, ½ CHASE TURN

1&2& Kick right forward, step right next to left, rock back on left, recover weight to right
3&4& Kick left forward, step left next to right, rock back on right, recover weight to left
5&6& Kick right forward, step right next to left, rock back on left, recover weight to right
7&8 Step forward on left, recover weight to right, make a ½ turn right stepping forward on left

KICKSTEP LOCKSTEP x2, ROCK, RECOVER, ½ TURN SHUFFLE

1&2& Kick right forward, step down on right, step left behind right, step forward on right
3&4& Kick left forward, step down on left, step right behind left, step forward on left
56 Rock forward on right, recover weight to left
7&8 Make a ½ turn left stepping forward on right, bring left together, step forward on right

¼ TURN ROCK, RECOVER, BALL PRESS, OUT, HOLD, BALL PRESS, OUT, HOLD, RIGHT BODYROLL

12 Make a ¼ turn right stepping left to left, recover weight to right
&34 Step ball of left next to right, step right to right, hold
&56 Step ball of left next to right, step right to right, hold
&78 Pivot body to right diagonal forward, body roll, downwards

TOUCH, TOUCH, SAILOR STEP, BEHIND SIDE CROSS, ½ TURN UNWIND

12 Touch left forward crossing over right, touch left to left side

3&4 Step left behind right, step right out to right, step left out to left side
56 Step right behind left, step left out to left side
78 Cross right over left, unwind $\frac{1}{2}$ turn left taking weight equally on both feet

Restart.

TAG: After Walls 2 and 4, there is a 8.5 count tag. Hold for a half-count, then perform a full turn walk around to the left, stepping right, left, right, left, right, left, right, left.

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