

Run Run Run

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mike Liadouze (FR) - April 2014
音樂: Matt Nathanson & Sugarland – Run (110 BPM)



Introduction: □16 counts (after "UNDRESS") □

[1-8] □2x PADDLE TURN 1/2 LEFT, SWEEP 1/2 LEFT, BACK, FWD, 1/4 PIVOT RIGHT, CROSS, SIDE, SPIN 1/2 LEFT, SIDE

1&2& Step RF forward, ..1/2 turn L.. recover on LF, step RF forward, ..1/2 turn L.. recover on LF□(12:00)
3-4 ..1/2 turn L.. sweep RF leaning body forward & R leg straight, step RF back□(6:00)
5&6 Step LF forward, ..1/4 turn R.. recover on RF, cross LF over RF□(9:00)
&7-8 Step RF side, ..spin 1/2 turn L.. hooking LF over RF, step LF side□(3:00)

[9-16] □TOGETHER, SLOW SIDE ROCK, CROSS SHUFFLE, SIDE ROCK 1/4 LEFT

&1-2 Step LF together, rock step LF side, HOLD (option : SNAP R fingers)
3-4 Recover on RF, slide LF next to RF
5&6 Cross LF over RF, step RF together, cross LF over RF
7-8 Rock step RF side, ..1/4 turn L.. recover on LF□(12:00)

[17-24] □3x WALK FORWARD, HOLD, FWD, SIDE ROCK, CROSS, UNWIND 1/2 LEFT

1-4 Three step forward (R-L-R), HOLD (option : SNAP R fingers)
5&6 Step LF forward, rock step RF side, recover on LF
7-8 Cross RF over LF, ..unwind 1/2 turn L.. sweep LF back□(6:00)

[25-32] □SAILOR STEP, BACK ROCK, TOUCH, 2x WALK FORWARD, ANCHOR STEP

1&2 Cross LF behind RF, step RF side, step LF side
3&4 Cross rock RF behind LF, recover on LF, touch R toe side
5-6 Two step forward (R-L)
7&8 Cross RF behind LF, recover on LF, step RF slightly back

RESTART 3 (WALL 6) after count 30 replace ANCHOR STEP by 2x WALK FORWARD and restart dance□(6:00)

[33-40] □3x WALK BACK, HOLD, BACK, SIDE ROCK, TOUCH, UNWIND 1/2 LEFT

1-4 Three step back (L-R-L), HOLD (option : SNAP L fingers)
5&6 Step RF back, rock step LF side, recover on RF
7-8 Cross touch L toe behind RF, ..unwind 1/2 turn L.. step LF forward□(12:00)

[41-48] □BODY ROLL BACK, 2x WALK BACK, LOCK, BACK, COASTER STEP

1-2 Body roll from head to feet, step RF back
3-6 Two step back (L-R), lock LF over RF, step RF back
7&8 Step LF back, step RF together, step LF forward

RESTART 2 (WALL 4) after count 48 restart dance□(6:00)

[49-56] □2x WALK FORWARD, TRIPLE FWD 1/2 RIGHT, LOCK, BACK, BACK, ROCK BACK

1-2 Two step forward (R-L)
3&4 ..1/8 turn R.. cross RF over LF, ..1/8 turn R.. step LF side, ..1/4 turn R.. step RF slightly back □(6:00)
5&6 Lock LF over RF, step RF slightly back, step LF slightly back
7-8 Rock step RF back, recover on LF

RESTART 1 (WALL 2) after count 56 restart dance□(12:00)

[57-64] □2x (KICK BALL CHANGE, RUN RUN RUN)

- 1&2 Kick RF forward, step RF together, step LF slightly forward
- 3&4 Three step forward (R-L-R)
- 5&6 Kick LF forward, step LF together, step RF slightly forward
- 7&8 Three step forward (L-R-L)

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