

Runaway Bay (P)

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 0 級數: Low Intermediate Partner
編舞者: Dan Albro (USA) - March 2017
音樂: On and On - Stephen Bishop



Choreographed for "Mishnock & Friends Jamaican Dance Vacation" Jan 16-23, 2016

Intro: 16 count intro

Start: Facing OLOD, Indian position, Like footwork except where noted.

[1-8] □ □ CROSS ROCK, SHUFFLE SIDE, WEAVE, ¼ turn (FLOD)

1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L

5,6,7,8 Cross step R over L, step side L, cross step R behind L, turn ¼ left stepping fwd L

[9-16] □ □ LADY TURNS, ROCKING CHAIR, LADY TURNS

1-4 Man: □ Rock fwd R, replace weight on L, rock back R, replace weight on L

5-8 Man: □ Rock fwd R, replace weight L, rock back R, replace weight L

1-3 Lady: □ Step fwd R, pivot ½ turn left weight on L, rock fwd R

4-6 Lady: □ Replace weight L, rock back R, replace weight L

7,8 Lady: □ Step fwd R, pivot ½ left weight on L

hands: - □

On count 1 Mans right hand goes over lady, On count 7 man releases left hands

On count 8 reconnect hands

[17-24] □ □ 2 SHUFFLES FWD, 2 SHUFFLES TURNING FULL TURN LEFT

1&2,3&4 Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L

5&6 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R

7&8 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L

hands: - □

On count 5 release left hands and bring right hands over lady

On count 6 release right hands and bring left hand over lady

On count 8 pick up left hands.

[25-32] □ □ ROCK, ¼ TURN, SHUFFLE SIDE, WEAVE (BLOD)

1,2 Rock fwd R, replace weight L

3&4 Turn ¼ right stepping side R, step L next to R, step side R

5-8 Cross step L over R, step side R, cross step L behind R, step side R

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