

Run, Baby

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 4 級數: Phrased Improver
編舞者: Winnie Yu (CAN) - April 2016
音樂: Run - Tiggs Da Author



Sq: A, B, A, B, B, A, A32, B, B, A :no 1/4L @ section 1
Intro: 16 counts

*Floor Split to Raymond Sarlemijn & Darren Bailey - Run

Part A: 64 counts

Section A1: Vine R, Vine L 1/4L

1-2-3-4 Step right to side, step left cross behind right, step right to side, touch left besides right
5-6-7-8 Step left to side, step right cross behind left, step left forward with 1/4L, touch right besides left (9:00)

*no 1/4 L turn @ LAST A

Section A2: K Steps

1-2-3-4 Step right diagonal forward, touch left besides right, step left diagonal back, touch right besides left
5-6-7-8 Step right diagonal back, touch left besides right, step left diagonal forward, touch right besides left

Section A3: R Shuffle to R diagonal, Touch, L Shuffle to L diagonal, Touch

1-2 Step right forward to R diagonal, lock left behind right
3-4 Step right forward to R diagonal, touch left besides right
5-6 Step left forward to L diagonal, lock right behind left
7-8 Step left forward to L diagonal, touch right besides left

Section A4: Out Out In In (V Shape) Hand Movements

1-2-3-4 Step right diagonal forward with right arm up, step left diagonal forward with left arm up, step right Back to center with right arm cross chest, step left together with left arm cross chest
5-6-7-8 Punch right hand down, punch left hand down, punch right hand forward, punch left hand forward

Section A5: Diagonal 4 Backs – R/L/R/L With Touches & 4 Chest Bumps

1-2-3-4 Step right diagonal back, touch left besides right, step left diagonal back, touch right besides left
5-6-7-8 Repeat counts 1 – 4

Section A6: Extend Chasse R, Touch

1-2-3-4 Step right to side, step left besides right, Step right to side, step left besides right
5-6-7-8 Step right to side, step left besides right, Step right to side, touch left besides right

Section A7: Side L, Chest Pump Twice, R Tog, Side L, Chest Pump Twice, Touch R

1-2&3-4 Step left to side, chest pump twice (2&3), step right together
5-6&7-8 Step left to side, chest pump twice (6&7), touch right besides left

Section A8: 2 Right Rocking Chair

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left
5-6-7-8 Repeat 1 - 4

Option: Step right forward, roll hip CW 1/4 L X 4 (complete a full turn left) 9:00

Part B: 32 counts

Section B1: R Fwd, Hitch L, L Fwd, Hitch R, Run x 3, Together L

1-2-3-4 Step right forward, hitch left, step left forward, hitch right
5-6-7-8 Run forward – R/L/R, step left together

Section B2: R Back, Hitch L, L Back, Hitch R, Run Back x 3, Together L

1-2-3-4 Step right back, hitch left, step left back, hitch right
5-6-7-8 Run backward – R/L/R, step left together

Section B3: Vine R, Rock Side, Recover L, Cross, Hold

1-2-3-4 Step right to side, cross left behind right, step right to side, cross left over right
5-6-7-8 Rock right to side, recover onto left, cross right over left, hold

Section B4: Vine L, Rock Side, Recover R, Cross, Hold

1-2-3-4 Step left to side, cross right behind left, step left to side, cross right over left
5-6-7-8 Rock left to side, recover onto right, cross left over right, hold

Ending: Stomp Right Forward with option Run Pose!

Have fun & always dance with smile !

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