

Run, Run, Run

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Roz Morgan (USA) & Bob Bonett (USA) - June 2016
音樂: Run Run Run - Celeste Buckingham : (iTunes and amazon)



Intro: 16 Counts

S1: EXTENDED RIGHT VINE

1-4 Step RF to right side, step LF behind right, step RF to right side, step LF in front of right
5-8 Step right to right side, step left behind right, step right to right side, touch left next to right

S2: POINT TOUCH, POINT TOUCH, LEFT VINE WITH TOUCH

1-2 Point LF to left side, touch LF next to RF
3-4 Repeat
5-8 Step LF to left side, step RF behind LF, step LF to left side, touch RF next to LF

S3: OPEN RUMBA BOX

1-4 Step RF right, step LF next to R, step RF forward, hold
5-8 Step LF to left, step RF next to left, step LF forward, hold

S4: SIDE TOGETHER, ¼ TURN, HOLD, STEP, ½ TURN, STEP, HOLD

1-4 Step RF to right, step LF next to RF, ¼ turn right on RF, hold
5-8 Step LF forward, turn ½ right on RF, step LF forward, hold

S5: RUN, RUN, RUN, HOLD, ½ TURN, HOLD

1-4 Run forward RF, LF, RF, hold
5-8 Step LF forward, turn ½ right on RF, step LF forward, hold

S6: K-STEP (CLAP ON TOUCHES)

1-2 Step RF forward on right diagonal, touch LF next to RF and clap
3-4 Step LF back on left diagonal, touch RF next to LF and clap
5-6 Step RF back on right diagonal, touch LF next to RF and clap
7-8 Step LF forward on left diagonal, touch RF next to LF and clap

S7: ROCK RECOVER, ¼ TURN, HOLD, ROCK RECOVER, ¼ TURN, HOLD

1-4 Rock forward on RF, recover on LF, step RF forward turning ¼ right, hold
5-8 Rock forward on LF, recover on RF, step LF forward turning ¼ left, hold

S8: SCISSOR STEPS RIGHT AND LEFT

1-4 Step RF to right side, step LF next to RF, step RF across LF, hold
5-8 Step LF to left side, step RF next to LF, step LF across RF, hold

TAG: AFTER 5th WALL

Charleston, Coaster Step

1-4 Touch RF forward, hold, step back on RF, hold
5-7& Step LF back, step RF next to LF, step LF forward, hold ½ count