

Born To Run

拍數: 48 牆數: 4 級數: Improver
編舞者: PJ (UK) - July 2016
音樂: A Good Day to Run - Darryl Worley : (Album: Have You Forgotten)



Sheet Prepared by PJ - BWDA

#16 count intro

[1 - 8] □ Left rumba box with step back

- 1 - 4 Step left foot to left side, close right beside left, step forward on left foot, touch right beside left
- 5 - 8 Step right foot to right side, close left beside right, step back on right foot, step back on left foot

[9 - 16] □ Back rock, recover, ½ turn left, hold, rock back, recover, ¼ turn right, touch

- 1 - 2 Rock back on right foot, recover weight forward onto left foot
- 3 - 4 Make ½ turn left stepping back on right foot, hold (6:00)
- 5 - 6 Rock back on left foot, recover weight forward onto right foot
- 7 - 8 Make ¼ turn right stepping left foot to left side, touch right beside left (9:00)

Restart □ (wall 4): replace count 16 with a step together then restart from the beginning (12:00)

[17 - 24] □ Side step right, touch, side point, touch, left vine ¼ turn, scuff

- 1 - 4 Step right foot to right side, touch left beside right, point left toe to left side, touch left beside right
- 5 - 6 Step left foot to left side, cross right behind left
- 7 - 8 Make ¼ turn left stepping forward onto left foot, scuff right foot forward (6:00)

[25 - 32] □ Step, hold with finger clicks, pivot ¼ turn left, hold with finger clicks, right jazz box with touch

- 1 - 4 Step forward on right foot, click fingers, pivot ¼ turn left, click fingers (3:00)
- 5 - 8 Cross right over left, step back on left foot, step right foot to right side, touch left toe in place

[33 - 40] □ Side rock, recover, cross, hold x 2

- 1 - 4 Rock left foot to left side, recover weight to right foot, cross step left over right, hold
- 5 - 8 Rock right foot to right side, recover weight to left foot, cross step right over left, hold

[41 - 48] □ Chase turn right, scuff, run forward, touch

- 1 - 4 Step forward on left foot, pivot ½ turn right, Step forward on left foot, hold (9:00)
- 5 - 8 Run forward – stepping right left right, touch left beside right

(Alternative – shuffle a full turn over left shoulder)

Restart □ (Wall 4): There is a Restart after count 16 during wall 4 (12:00).

Once you complete the ¼ turn right, replace the touch (count 16) with a step together, then start from the beginning.

Dedicated to my good friend Carol who recommended this song to me.

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