

Runnin'

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Rona Kaye (USA) - January 2017
音樂: Runnin' - Pharrell Williams : (iTunes, amazon)



Sequence: A A A BB A A A BB AA BB A

Dance starts after 8 counts. (The first strong beat of the track is count one of the bass guitar section. You will need to listen closely...it is a definite 8 counts in to start the dance—right before the vocals):

Part A, 32 Counts:

A1: Stylized Lock Step, Rocking Chair, Step Forward:

- 1-4 Step R Forward (1), Step L Behind R, Popping R Knee (2), Step R Forward (3) Rock L Forward (4) 12:00
5-8 Recover Weight To R (5), Rock L Back (6), Recover Weight To R (7) Step L Forward (8) 12:00

A2: Pivot ½ Turn To Right, Chase Turn To Right, ½ Turn To Left, Step Together, Ball Touch:

- 1-2 Turn ½ To Right (1), Step L Forward (2), 6:00
3-4 Turn ½ To Right (3), Step L Forward, "Prepping" To Turn Left (4) 12:00
5-6 Turn ½ To Left Lifting R Knee (5), Step R Side Right (6) 6:00
7&8 Step L Into The R (7), Step R To Side Right (&), Touch L Toe To Side Left (8) □ 6:00

A3: ¾ Turn To Left, ½ Turn Triple Step Left, "Touch, Kick, Hitch, Hip/Lunge To R":

- 1-2 Turn ¼ To Left Stepping Onto L (1), Turn ½ To Left Stepping R Back (2), □ 9:00
3&4 Turn ¼ To Left Stepping L To Left Side (3), Step R Into The L (&) [6:00] Turn ¼ To Left Stepping L Forward (4), [3:00]
5-8 Touch R Toe Into L (5), Kick R To Right Side—Left Shoulder Comes Forward (6), Bend R Knee (7), Step R To Right Side Taking Right Hip "With You" (8) 3:00

A4: Slow Hip/Lunge To L, Slow Sailor Step R, Slow Sailor ½ Turn Left:

- 1-2 Shift Weight To L Hip—Right Shoulder Comes Forward (1-2) □ 3:00
3-4-5 Step R Behind L (3), Step L Slightly To Left Side (4), Step R Slightly To Right Side (5), 3:00
6-7-8 Step L Behind R (6), Step R In Place (7), Turn ½ To Left Stepping L Forward (8) 9:00

End of Part A.

***Part B, 32 Counts (Please note the wall notations...because Part B is danced the first time on the 3:00 Wall, that will be direction reference I am using) : □ □

B1: Slow R Hip/Lunge, Slow L Hip/Lunge, Step Together Step To Right:

- 1-2 Step R To Right Side Taking Right Hip "With You" (1-2) 3:00
3-4 Step L To Left Side Taking Left Hip "With You" (3-4)
5-8 Step R To Right Side (5), Step L Into The R (6), Step R To Right Side (7) Touch L Into The R (8)

B2: Slow L Hip/Lunge, Slow R Hip/Lunge, Step Together Step To Left With ¼ Turn Left:

- 1-2 Step L To Left Side Taking Left Hip "With You" (1-2) □ 3:00
3-4 Step R To Right Side Taking Right Hip "With You" (3-4)
5-6 Step L To Left Side (5), Step R Into The L (6),
7-8 Turn ¼ to Left Stepping L Forward (7), Touch R Toe Into L (8) □ 12:00

***On the first 4 counts of the first two 8 counts of Part B, let your arms naturally sway to the R and L, then L and R...you can snap your fingers on counts 2 and 4.

B3: "Rolling Grapevine" To The Right, "Rolling Grapevine" To The L With ¼ Turn To Left:

- 1-4 Turn 1/4 To Right Stepping R Forward (1), Turn ½ To Right Stepping L Back (2), Turn ¼ To Right Step R To Right Side (3), Touch L Toe Into R (4) □ 12:00
- 5-8 Turn ¼ To Left Stepping L Forward (5), Turn ½ To Left Stepping R Back (6) Turn ½ To Left Stepping L Forward (7), Lift R Up And Forward (8) 9:00

B4: Slow Pivot ½ Turn To Left, Two ¼ Pivot Turns To Left With Hip Rolls:

- 1-4 Step Down Onto R (1-2), Turn ½ Left Stepping On L (3-4) 3:00
- 5-6 Step R Forward (5), Turn ¼ To L Rolling Hips (6), 12:00
- 7-8 Step R Forward (7), Turn ¼ To L Rolling Hips (8), 9:00

End of Part B.

*****The first time that you dance Part B, you will be dancing to your 3:00 and 9:00 walls.**

*****The second time that you dance Part B, you will be facing your 6:00 and 12:00 walls.**

*****The third time that you dance Part B, you will be facing your 12:00 and 6:00 walls.**

*****After you dance both B sections, you will begin again with Part A facing the same wall where you had left off before starting Part B for the first time.**

The last time that you dance Part A, you will start facing 12:00. To finish the dance to the front wall, only turn ¼ to the left on the last "slow sailor" step, instead of the ½ turn.

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