

Run

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Anne Herd (AUS) & Lorraine Shelton (AUS) - April 2017
音樂: Run - Marsha Ambrosius : (CD: Friends & Lovers - Deluxe Edition - iTunes - 3:47)



Intro: Start on lyrics 24 counts in on word 'Run' weight on R

S1: CROSS WALZ, BACK, POINT, HOLD

1-2-3 Cross L over R, Rock R to side, Recover to L
4-5-6 Cross R behind L, Point L toe to side, Hold

S2: CROSS UNWIND 1/2 R, 1/4 SWEEP

1-2-3 Cross L over R, Unwind 1/2 R over two counts (Take weight to L)
4-5-6 Turn 1/4 R stepping fwd. on R as you sweep L around for two counts (9:00)

S3: WALTZ FORWARD MAKING 1/4 TURN L, WALTZ BACK MAKING 1/4 TURN (Inverted Box)

1-2-3 Waltz fwd. stepping LRL as you turn 1/4 L
4-5-6 Waltz back stepping RLR as you turn 1/4 L stepping RLR (3:00)

S4: WALTZ FORWARD MAKING 1/4 TURN L, WALTZ BACK (Inverted Box Cont.)

1-2-3 Waltz fwd. stepping LRL as you make a 1/4 turn L
4-5-6 Waltz back stepping RLR (12:00)

Restarts go here

S5: CROSS WALTZ, CROSS WALTZ ,1/4, 1/2

1-2-3 Cross L over R, Step R to side, Step L to side
4-5-6 Cross R over L Turn 1/4 R, Stepping back on L, Turn 1/2 R stepping fwd. on R (9:00)

S6: STEP DRAG, ROCK/RECOVER. 1/2 TURN

1-2-3 Step fwd. on L, Drag R towards L over two counts
4-5-6 Rock fwd. on R/Recover to L, Turn 1/2 over R stepping fwd. on R (3:00)

S7: 1/4, R, DRAG, SAILOR STEP □

1-2-3 Turn 1/4 R, Stepping L to side, and Drag R towards L over two counts
4-5-6 Cross R behind L, Step L to side, Step R to side (6:00)

BEHIND, SIDE CROSS, STEP DRAG

1-2-3 Cross L behind R, Step R to side, Cross L over R
4-5-6 Step R to side, Drag L beside R over two counts

[48] Begin again

RESTARTS: On walls 2 and 7 dance to count 24 (You will be facing 6:00 both times) and restart dance

NOTE: A more advanced option for counts 30-32 is a 1 1/4 rolling turn R.
Turn 1/4 R, Step L to side, Turn 1/2 R, Step R to side, Turn 1/2 R Step L to side

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