

Run Baby

COPPER KNOB
BY STEPHENETS

拍數: 24 牆數: 4 級數: Beginner waltz
編舞者: Anne Herd (AUS) - April 2017
音樂: Run - Marsha Ambrosius : (CD: Friends & Lovers Deluxe Edition - iTunes - 3:48)



Intro: Start on lyrics approx. 24 beats in weight on R – Dance moves 1/4 CCW (No Restarts/Tags)

BASIC WALTZ FORWARD AND BACK

1-2-3 Step fwd. on L, Step R beside L, and Step L beside R
4-5-6 Step back on R, Step L beside R, and Step R beside L

BASIC WALTZ FORWARD, 1/4 TURN. WALTZ BACK

1-2-3 Step forward on L, Turn 1/4 L Step R beside L, and Step L beside R
4-5-6 Step back on R, Step L beside R, and Step R beside L

CROSS WALTZ, CROSS WALTZ

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

STEP DRAG, BACK POINT. HOLD

1-2-3 Step fwd. on L, Drag R beside L over two counts (keep weight on L)
4-5-6 Step back on R, Point L to side, Hold

[24] Begin again

This dance can be used as a split floor with the intermediate waltz RUN choreographed by myself and Lorraine Shelton

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