

Done Runnin'

拍數: 60 牆數: 2 級數: Intermediate waltz
編舞者: Jo Kinser (UK) & Ruben Luna (USA) - May 2017
音樂: Done Runnin' (feat. Chaley Rose) - Nashville Cast : (iTunes)



Start on the vocals (0:20) 24 counts from the heavy beat. □□□□□□

[1-6] □ L Fwd-Touch-Hold, R Back-Touch-Hold

1,2,3 Step L fwd, Slide R foot up to L instep slightly bending R knee, Hold (Upper body 1:30)
4,5,6 Step R back, Slide L foot up to R instep slightly bending L knee, Hold

[7-12] □ 3/4 Turn L, R Twinkle

1,2,3 Step L fwd, Make 1/2 turn L stepping R back (6:00), Make 1/4 turn L stepping L to L (3:00)
4,5,6 Cross R over L, Rock L to L, Recover onto R (4:30)

[13-18] □ Weave R, Sway R-Hold

1,2,3 Step L over R, Step R to R, Step L behind R
4,5,6 Step R to R swaying upper body R, Slide L up to R over two counts bringing R arm out to R side

[19-24] □ Sway L-Hold, 1 1/4 Turn R

1,2,3 Step L to L swaying upper body L, Slide R up to L over two counts (Upper body 1:30)
4,5,6 Make 1/4 turn R stepping R fwd (6:00), Make 1/2 turn R stepping L back (12:00), Make 1/2 turn R stepping R fwd (6:00)

***Restart Here on Wall 3 to begin Wall 4 6:00**

[25-30] □ L Fwd-Sweep R, R Reverse Twinkle

1,2,3 Step L fwd, Sweep R from back to front over two counts
4,5,6 Cross R over L, Step L back, Step R to R (7:30)

[31-36] □ L Reverse Twinkle, Twinkle 1/4 Turn R

1,2,3 Cross L over R, Step R back, Step L to L (4:30)
4,5,6 Cross R over L, Make 1/4 turn R stepping L back (9:00), Step R to R (11:30)

[37-42] □ L Cross-Rock-Side, R Cross-1/4 Turn R

1,2,3 Cross Rock L over R, Replace weight R, Step L to L
4,5,6 Cross R over L, Replace weight L, Make 1/4 turn R stepping R fwd (12:00)

[48-54] □ Spiral Full Turn Fwd R, Fwd 1/2 Turn R

1,2,3 Step L fwd, Make Full Turn Spiral over the R shoulder
4,5,6 Step R fwd, Step L fwd and make 1/2 turn R (6:00), Step R fwd

***Restart Here on Wall 6 to begin Wall 7 12:00**

[55-60] □ L Twinkle, R Twinkle Fwd

1,2,3 Step L over R (7:30), Step R to R, Step L fwd (4:30)
4,5,6 Step R over R, Step L to L squaring up to (6:00), Step R fwd

[55-60] □ Chase 1/2 Turn L, Chase 1/2 Turn R

1,2,3 Step L fwd, Step R fwd making 1/2 turn L, Step L fwd (12:00)
4,5,6 Step R fwd, Step L fwd making 1/2 turn R, Step R fwd (6:00)

***Ending Wall : Repeat 1-6 facing 12:00:**

Last wall begins facing front (12:00), do counts 1-6 and pose.

Be guided by the music and enjoy!!!!
