

To Run To

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dwight Meessen (NL) & Pat Stott (UK) - March 2018
音樂: All Things Under the Sun - Wulf : (Single)



Intro 16 counts

S1: Side, Touch, Kick Ball Cross, Side, Behind Side Cross, Side

1-2 RF step side, LF touch beside
3&4 LF kick left forward, LF step beside on ball foot, RF cross over
5 LF step side
6&7-8 RF cross behind, LF step side, RF cross over, LF step side

S2: Rock Back Recover, Shuffle ½ L, Rock Back Recover, Spiral Full Turn R, Fwd

1-2 RF rock back, LF recover
3&4 RF ¼ left step side, LF step beside, RF ¼ left step back
5-6 LF rock back, RF recover
7-8 LF step forward with full turn R on ball foot, RF step forward [6]

S3: Fwd, Hold, Ball Fwd, Point, Swivel ¼ L, Swivel ¼ R, Swivel ½ L, Hitch

1-2 LF step forward, hold
&3-4 RF step beside on ball foot, LF step forward, RF point forward
5-6 R+L turn ¼ left, R+L turn ¼ right
7-8 R+L turn ½ left, RF hitch [12]

S4: Back, Hold, Together, Fwd x2, Dorothy x2

1-2 RF step back, hold
&3-4 LF step beside, RF step forward, LF step forward
5-6& RF step right forward, LF lock behind, RF step forward
7-8& LF step left forward, RF lock behind, LF step forward [12]

S5: Rock Side Recover, Ball Rock Side Recover, Sync. Mod. Jazz Box Cross ¼ L

1-2 RF rock side, LF recover
&3-4 RF step beside on ball foot, LF rock side, RF recover
5-6 LF cross over, hold
&7-8 RF ¼ left step back, LF step side, RF cross over [9]

S6: Side, Hold, Ball Side, Hold, Ball Cross, Point, Cross, Point

1-2 LF step side, hold
&3-4 RF step beside on ball foot, LF step side, hold
&5-8 RF step beside on ball foot, LF cross over, RF point side, RF cross over, LF point side

S7: Back, Point, Knee In, Diag. Kick, Behind, Side, Cross shuffle

1-2 LF step back, RF point side
3-4 RF knee in, RF kick diag. forward
5-6 RF cross behind, LF step side
7&8 RF cross over, LF step side, RF cross over

S8: Rock Side Recover, Cross, Hitch, Side, Hold, Ball Side, Together

1-4 LF rock side, RF recover, LF cross over, RF hitch
5-6 RF step side, hold
&7-8 LF step beside on ball foot, RF step side, LF together [9]

Start again

Restart: Dance the 2nd wall up to and including count 60 (count 4 of the 8th section) and Start again

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