

Runnin' From The Reason

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Chris Lane (UK) - April 2018
音樂: Heartbroke - Ricky Skaggs



Section 1 : Toe, Heel, Cross; Toe, Heel, Cross; Toe, Heel, Cross; Toe, Heel, Cross

1&2 Touch R toes to left instep, (&) Touch R heel to left instep, Step R forward and across left
3&4 Touch L toes to right instep, (&) Touch L heel to right instep, Step L forward and across right
5&6 Touch R toes to left instep, (&) Touch R heel to left instep, Step R forward and across left
7&8 Touch L toes to right instep, (&) Touch L heel to right instep, Step L forward and across right

Section 2 : Mambo ¼ turn; Behind, Side, Cross; Side Shuffle; Coaster Step

1&2 Rock R forward, (&) Recover weight on left, Make a ¼ turn R stepping R to right side
3&4 Step L behind right, (&) step R to right, Step L across right
5&6 Step R to right side, (&) step L beside right, Step R to right side
7&8 Step L back, (&) Step R together with left, Step L forward

Section 3 : Out, In, Out, Shuffle Forward; Out, In, Out; Shuffle Forward

1&2 Point R toes out to right side, (&) Touch R toes next to left instep, Point R toes out to right side
3&4 Step R forward, (&) Step L next to right, Step R forward
5&6 Point L toes out to left side, (&) Touch L toes next to right instep, Point L toes out to left side
7&8 Step L forward, (&) Step R next to left, Step L forward

****TAG & RESTART HERE ON WALL 5****

Section 4 : Mambo ½ turn; Triple Turn; Kick, Ball, Step; Kick, Ball, Step

1&2 Rock R forward, (&) Recover weight on left, Make a 1/2 turn R stepping R to right side
3&4 Make a full turn R stepping left, right, left
(*Easier Option* - Shuffle forward L,R,L)
5&6 Kick R forward, (&) Step R next to left, Step forward on left
7&8 Kick R forward, (&) Step R next to left, Step forward on left

Tag – Wall 5 after 24 counts

1&2 Kick R forward, (&) Step R next to left, Step forward on left
then Restart the dance.

With thanks to Warren Dewitt for singing this in his live set.

Special thanks to George and Margaret Tinker as always for their invaluable help and advice.

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