

Runnin'

拍數: 32 牆數: 4 級數:
編舞者: Javier Rodriguez Gallego (ES) - June 2018
音樂: Runnin' - Sam Lardner



KICK BALL CROSS TWICE, SIDE ROCK, BEHIND, SIDE, CROSS

- 1.- Kick right to right diagonal
- &.- Step right together
- 2.- Cross Left over right
- 3.- Kick right to right diagonal
- &.- Step right together
- 4.- Cross left over right
- 5.- Rock side on right
- 6.- Recover onto left
- 7.- Cross right behind left
- &.- Step left to left side
- 8.- Cross right over left

SYNCOPATED KICKS, TOGETHER, STEP, 1/2 TURN, 1/4 TURN, CHASSE LEFT

- 1.- Kick left to left side
- &.- Step left together
- 2.- Kick right to right side
- &.- Step right together
- 3.- Kick left forward
- &.- Step left together
- 4.- Kick right forward
- &.- Step right together
- 5.- Step left forward
- 6.- 1/2 Turn right (6:00)
- 7.- 1/4 Turn right, Step left to left side (9:00)
- &.- Step right together
- 8.- Step left to left side

VAUDEVILLE STEPS, JAZZ BOX WITH 1/2 TURN

- 1.- Cross right over left
- &.- Step left slightly left
- 2.- Touch right heel diagonally forward to right
- &.- Step right slightly back
- 3.- Cross left over right
- &.- Step right slightly to right
- 4.- Touch left heel diagonally forward to left
- &.- Step left slightly back
- 5.- Cross right over left
- 6.- 1/4 Turn right, step left slightly back (12:00)
- 7.- 1/4 Turn right, step right slightly to right (3:00)
- 8.- Step left slightly to left

SYNCOPATED ROCKS, STOMP TWICE, SCISSOR STEP TWICE

- 1.- Rock forward on right
- &.- Recover onto left
- 2.- Step right beside left

- &.- Rock forward on left
- 3.- Recover onto right
- &.- Step left beside right
- 4.- Stomp right in place
- &.- Stomp left in place
- 5.- Step right to right side
- &.- Step left together
- 6.- Cross right over left
- 7.- Step left to left side
- &.- Step right together
- 8.- Cross left over right

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