

Run Free

拍數: 32 牆數: 4 級數: Improver
編舞者: Frank Heelan (IRE) - October 2018
音樂: The Animal Song - Savage Garden



Intro: 16 counts.

Sec. 1: Walk, walk, shuffle, pivot ½, cross, side rock, recover.

1-2 Walk forward, right, left.
3&4 Forward right, left together, forward right.
5-6 Step forward on left, pivot ½ right (Weight to right)
7&8 Cross left over right, rock right to right side, recover to left. (6.00)

Sec. 2: Cross side sailor step, cross side sailor step.

1-2 Cross right over left, step left to left.
3&4 Rock right behind, recover to left, right to right.
5-6 Cross left over right, step right to right.
7&8 Rock left behind, recover to right, left to left.

Sec. 3: Rock recover, triple full turn, rock recover coaster step.

1-2 Rock forward right recover to left.
3&4 Full triple turn right, stepping right, left, right.
5-6 Rock forward on left, recover to right.
7&8 Step back left, right together, forward right. (6.00)

Sec. 4: Walk, walk, side rock recover step, rock recover, triple ¾ left.

1-2 Walk forward right, left.
3&4 Rock right to right, recover to left, step forward right.
5-6 Rock forward left, recover right.
7&8 Triple ¾ turn left, stepping left, right, left (9.00)

Restart wall 3 dance the first 16 counts and restart facing 12.00.

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