

EZ Running

COPPER KNOB
STEPSHETS

拍數: 16 牆數: 2 級數: Easy Beginner
編舞者: Betty Lee (CAN) - December 2018
音樂: Running - James Bay



Intro: 32 counts

SECTION 1: R NIGHTCLUB BASIC, SIDE, STEP-LOCK-STEP, FORWARD ROCK, BACK-LOCK-BACK

1, 2&3 Big step R to R side (1), Rock back on L (2), Recover onto R (&), Step L to L side (3)
4&5 Step Fwd R, Lock step L behind R, Step Fwd R
6,7 Rock step Fwd on L, Recover onto R
8&1 Step back L, Lock step R in front of L, Step back L

SECTION 2: SWAY R-L, R COASTER, STEP, PIVOT ½ R, STEP

2,3 Step R to R side swaying hips to R, Sway hips to L (weight onto L)
4&5 Step back R, Step L next to R, Step Fwd R
6,7,8 Step fwd L, Pivot ½ turn R weight onto R, Step Fwd L (6:00)

REPEAT
