

Road to Run

拍數: 32 牆數: 4 級數: Improver
編舞者: Evan VanScoyk (USA) & Bryan Bliss (USA) - April 2019
音樂: Caught Up In The Country (Sam Feldt Remix) - Rodney Atkins & Sam Feldt
或: What a Man Gotta Do - Jonas Brothers



Note:

Use Sam Feldt Remix for No Restarts, Album Version has 2 Restarts

Dance begins on lyrics after 16 counts

Right Fwd Shuffle (RLR), Left Fwd Shuffle (LRL), ½ Pivot Turn Left (ccw), Full Turn Left (ccw)

1&2 Step R fwd (1), Step L behind R (&), Step R fwd (2)
3&4 Step L fwd (3), Step R behind L (&), Step L fwd (4)
5&6 Step R fwd (5), Turn ½ on L (&), Step R fwd (6)
7 8 Turn ½ counterclockwise left with weight on R (7), Turn ½ counterclockwise left with weight on L (8)

Right Fwd Shuffle (RLR), Left Fwd Shuffle (LRL), Rock Recover, ½ Turn CW, Step R&L

1&2 Step R fwd (1), Step L behind R (&), Step R fwd (2)
3&4 Step L fwd (3), Step R behind L (&), Step L fwd (4)
5 6 Rock R fwd (5), Step L in place (6)
7&8 Turn ½ clockwise over R shoulder (7), Step R fwd (&), Step L fwd (8)

****2nd Restart here on 8th rotation if using Album Version**

Touch R Forward, Side, Sailor, Touch L Forward, Side, Unwind, Together

1 2 Touch R fwd (1), Touch R side right (2)
3&4 Step R behind (3), Step L out left (&), Step R fwd (4)
5 6 Touch L fwd (5), Touch L side left (6)
7&8 Step L behind while turning ½ (7), Step R together (8)

***1st Restart here on 4th Rotation if using Album version**

Hop R Fwd, Hop L Together, Hop R Back, Hop L Together, Paddle Turn Left (¾ ccw)

1 2 Hop step R Fwd (1), Hop step L Together (2)
3 4 Hop step R Back (3), Hop step L Together (4)
5&6& Touch R out right while turning left (5), Place weight on L (&), Touch R out right while turning left (6), Place weight on L (&)
7&8& Touch R out right while turning left (7), Place weight on L (&), Touch R out right while turning left (8), Place weight on L (&)

Begin Again

Last Update – 6 Feb 2024