

Run Like The RIVER!

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Phrased Low Intermediate
編舞者: Val Saari (CAN) - July 2019
音樂: Run Like the River - Meghan Trainor : (From Playmobil: The Movie, Soundtrack)



PHRASED SEQUENCE: AB AB BB BB

SECTION A: 48 Counts

MODIFIED RUMBA BOX FWD, HITCH, STEP-TAP, STEP-HITCH

1-2 Step RF to right side, Step LF beside RF
3-4 Step RF forward, Hitch LF
5-6 Step LF to left side, Tap RF behind L
7-8 Step RF to right side, Hitch L knee

LINDY LEFT, MODIFIED VINE 1/2 TURN R

1&2 Shuffle left (LRL)
3-4 Rock back on RF, Recover on LF
5-6 Step RF to right side, Step LF behind R
7-8 Step RF to right side 1/2 turn R, Step LF forward

RF ROCK/RECOVER, COASTER STEP, L MAMBO (CHA CHA CHA)

1-2 RF Rock forward, LF recover
3&4 Step RF back, Step LF beside R, Step RF forward
5-6 Rock LF left, Recover RF
7&8 Step LF beside Right, Step RF in place, Step LF in place

JAZZ BOX JUMP 1/4 PIVOT L, RF ROCKING CHAIR

1-2 Cross RF over Left, Step Left back
3-4 Step RF to side, Jump (RF & LF together) pivot 1/4 L
5-6 Rock RF forward, Recover Left
7-8 Rock RF back, Recover Left

MODIFIED RUMBA BOX FWD (CHA CHA CHA) X 2

1-2 Step RF to right side, Step LF beside RF
3&4 Step RF forward, Step LF beside R, Step RF in place
5-6 Step LF to left side, Step RF beside L
7&8 Step LF forward, Step RF beside L, Step LF in place

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), SWAY R,L

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR Pivot 1/2 R
5&6 Shuffle back LRL Pivot 1/2 R
7-8 Step RF to right and sway, Sway left (weight on LF)

SECTION B: 32 Counts

MODIFIED SCISSORS R,L

1-2 Step RF right, Step LF beside R
3&4 Cross RF over L, step LF left, Cross RF over L
5-6 LF Step L, RF Step beside L
7&8 Cross LF over R, step RF right, Cross LF over R

CIRCLE RIGHT 3/4

1-4 Run RLR, clap (optional flick)

5-8 Run LRL, clap (optional flick)

PADDLE TURNS X 4 (HANDS UP OVER HEAD MAKE "RAINING" MOTION)

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)

3-4 Step RF forward, Pivot 1/4 turn left (weight on left)

5-6 Step RF forward, Pivot 1/4 turn left (weight on left)

7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

JAZZ BOX, SHUFFLE BACK RLR, LRL

1-2 Cross RF over Left, Step Left back

3-4 Step RF to side, Step LF together

5&6 Shuffle back RLR

7&8 Shuffle back LRL

NOTE: Only in the repeated B sections does it become a 4 wall dance, In the ABAB section it is a 1 Wall dance.

Email: valeriesaari@icloud.com

Phone: 1-905-246-5027
