

Born to Run

拍數: 64 牆數: 2 級數: Improver
編舞者: Jo Myers (UK) - April 2020
音樂: Born to Run - Jessie Buckley : (Album: Wild Rose, motion picture soundtrack)



Music Download available from Amazon.co.uk and iTunes

#16 count intro

There are easy Restarts and one simple Tag (see Sections 7/8)

SEC 1: GRAPEVINE 1/4 TURN RIGHT, STEP PIVOT 1/2, 1/4 TURN, HOLD

1-2 Step right to right side. Step left behind right.
3-4 Step right 1/4 turn right. Hold. (3:00)
5-6 Step forward on left. Pivot 1/2 turn right.
7-8 Make further 1/4 turn right stepping left next to right. Hold. (12:00)

SEC 2: BEHIND SIDE CROSS, HOLD, ROCK & CROSS, HOLD

1-2 Step right behind left. Step left to left side.
3-4 Cross right over left. Hold.
5-6 Rock left to left side. Recover onto right.
7-8 Cross left over right. Hold.

SEC 3: CHASSÉ RIGHT, HITCH 1/4 TURN LEFT, SHUFFLE FORWARD

1-2 Step right to right side. Close left beside right.
3-4 Step right to right side. Hitch left making 1/4 turn left.
5-6 Step left forward. Close right beside left.
7-8 Step forward on left. Hold. (9:00)

SEC 4: STEP PIVOT 1/2, STEP HOLD, STEP PIVOT 1/2, STEP HOLD

1-2 Step forward on right. Pivot 1/2 turn left.
3-4 Step forward on right. Hold.
5-6 Step forward on left. Pivot 1/2 turn right.
7-8 Step forward on left. Hold.

Non-turning option - Counts 1-8: Right forward mambo. Hold. Left coaster step. Hold.

SEC 5: WEAVE LEFT, CROSS ROCK SIDE

1-2 Cross right over left. Step left to left side.
3-4 Step right behind left. Step left to left side.
5-6 Cross rock right over left. Recover onto left.
7-8 Step right to right side. Hold.

SEC 6: WEAVE RIGHT, ROCK 1/4 TURN LEFT

1-2 Cross left over right. Step right to side.
3-4 Step left behind right. Step right to side.
5-6 Cross rock left over right. Recover onto right.
7-8 Turn 1/4 left stepping left forward. Hold. (6:00)

SEC 7: STEP PIVOT 1/2, STEP HOLD, STEP PIVOT 1/2, STEP HOLD

1-2 Step forward on right. Pivot 1/2 turn left.
3-4 Step forward on right. Hold.
5-6 Step forward on left. Pivot 1/2 turn right.
7-8 Step forward on left. Hold.

Non-turning option - Counts 1-8: Right forward mambo. Hold. Left coaster step. Hold.

Restart: Walls 7 and 8 - omit final 8 counts (section 8) and start the dance again.

SEC 8: SUGAR FOOT RIGHT*, HOLD, SUGAR FOOT LEFT, HOLD

1-2 Touch right toe to left instep. Touch right heel to left instep.

3-4 Step forward on right. Hold.

*** Restart: Walls 2 and 4 -**

Omit count 4 (Hold) and Step forward on left to start the dance again (facing 12:00).

5-6 Touch left toe to right instep. Touch left heel to right instep.

7-8 Step left forward. Hold. (6:00)

TAG: End of Wall 5: Forward Mambo Step, Hold, Coaster Step, Hold

1-2 Rock forward on right. Rock back on left.

3-4 Step right back. Hold.

5-6 Step left back. Step right beside left.

7-8 Step left forward. Hold.

Dance ends on Wall 9 after Section 1, facing 12:00.

ENJOY!

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