

Running Polka

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jean-Pierre Madge (CH) - May 2021
音樂: Run - OneRepublic



Grind & Cross, Side, Weave & Touch, Unwind 3/4 L

- 1-2 Press R Heel forward (1), Step L to L (2)
&3-4 Bring R next L (&), Cross L over R (3), Step R to R (4),
5&6&7 Step L behind R (5), Step R to R (&), Cross L over R (6), Step R to R (&), Touch L behind R (7)
8 Unwind 3/4 L put your weight on L (8) You are now facing 3'

Touch and Twist, Coaster Step, Heels Out-Out, Back and Cross, Side, Touch

- 1&2 Touch R forward as you twist both heels in (1), as you bring R behind, twist both heels out (&), Step R back and twist Heels in (2)
3&4 Step L back (3), Step R next L (&), Step L forward (4),
5&6& Step R out on your heel (5), Step L out on your heel (&), Step R back (6), Cross L over R (&)
7-8 Step R to R side (7), Touch L next R (8)

Chassé L, 1/2 R Chassé R, Cross Rock, Side, 3/4 L

- 1&2 Step L to L (1), Step R next L (&), Step L to L (2),
3&4 Do 1/2 R and Step R to R (3), Step L next R (&), Step R to R (4) You are now facing 9'
5-6 Cross Rock L over R (5), Recover (6)
7-8 1/4 L Step L forward (7), 1/2 L as you bring R next L without weight (8) You are now facing 12'

Shuffle Back, 1/2 Shuffle forward, Cross, Back, Side, Together

- 1&2 Step R back (1), Step L next R (&), Step R next L (2)
3&4 1/2 L Step L forward (3), Step R next L (&), Step L forward (4)
5-6 Cross R over L (5), Step L back (6),
7-8 Big Step R to R side as you bend over with the upper body from L to R (7), Bring L next R (8)

TAG : TWICE after wall 1,4 - THREE TIMES after wall 7

Rock, Recover and Step 1/2 Pivot R, Full Turn, Walk, Run Run

- 1-2 Rock R forward (1), Recover (2),
&3-4 Step R next L (&), Step L forward (3), Pivot 1/2 R step R forward (4)
5-6-7 1/2 R Step L back (5), 1/2 R Step R forward (6), Step L forward (7)
8& Step R forward (8), Step L forward (&)

Smile and restart the dance again !

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