

Run

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - June 2021
音樂: Run - OneRepublic : (Spotify / iTunes)



(16 counts intro)

[S1] Back, Back Mambo, Step-1/4L-Cross-Side-Behind Rock-Side, Behind

1 2&3 Step back on R, Rock back on L, Recover weight on R, Step forward on L
4& Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
5&6& Cross R over L, Step L to the side, Rock L behind R, Recover/cross L over R
7 8 Step R to the side, Step L behind R

[S2] 1/4R, Step-Pivot 1/2R-Fwd, 1/2L-Together, Running Turn 1/2L, Fwd-Together, Back Together

1 Make a 1/4 turn right stepping forward on R (12:00)
2&3 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (6:00)
4& Make a 1/2 turn left stepping back on R, Step L together(1 2:00)
5&6 (Run backwards 1/2 turning left) - Step back on R, Make a 1/2 turn left stepping forward on L,
Step slightly forward on R (6:00)
&7 Step forward on L, Step R together
8& Step back on L, Step R together

[S3] Cross-Samba-Cross-Point, Step-Spiral 1/2R, Cross Samba-Cross-Point, Out-Out (Starting V Step)

1&2 Cross L over R, Rock R to the side, Recover weight on L
&3 Cross R over L, Point L toe to the side
4 Step forward on L and make a swift 1/2 spiral turn right (12:00)
5&6 Cross R over L, Rock L to the side, Recover weight on R
&7 Cross L over R, Point R toe to the side**
8& Step diagonally out on R, Step diagonally out on L

[S4] (Continue) In-In, Fwd-Step-Pivot 1/4R, 2x Back Point-Hitch Turn-Fwd, Fwd, 1/2R

1& Step back on R to the centre, Step L next to R
2&3 Step forward on R, Step forward on L, Make a 1/4 turn right recover weight on R (3:00)
4&5 Touch back on L, Make a 1/4 turn left on R foot, Step forward on L (12:00)
&6& Touch back on R, Make a 1/4 turn right on L foot, Step forward on R (3:00)
7 8 Step forward on L, Make a 1/2 turn right weight ends on L (9:00)

***16 Counts Tag: At the end of Wall 1 (9:00) and Wall 4 (12:00)**

[S1] 1/4 Turn Run Sequence (Back-Fwd-Back-Fwd), Fwd, Touch

1&2 Run back on R-L-R
&3& Make a 1/4 turn left run forward on L-R-L
4&5 Make a 1/4 turn left run back on R-L-R
&6 Make a 1/4 turn left run forward on L-R
7 8 Step forward on L, Touch R next to L

[S2] 1/4 Turn Run Sequence (Fwd-Back-Fwd-Back), Back, Touch

1&2 Run forward on R-L-R
&3& Make a 1/4 turn right run back on L-R-L
4&5 Make a 1/4 turn right run forward on R-L-R
&6 Make a 1/4 turn right run back on L-R
7 8 Step back on L, Touch R next to L

TAG: 24 counts Tag: At the end of Wall 7 (starts at 3:00, finishes at 12:00) - Do "16 Counts Tag" and repeat the last 8 counts (S2).

Followed by the last wall (Wall 8), dance up to count 23, then Run forward on R-L-R (8&1).**

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 2/June/21)**
