

Runnin' Wild (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Chester & Jac (UK) - September 2021
音樂: Runnin' Wild - Midland



Start in Sweetheart facing LOD

FWD, TOUCH, BACK, HOOK, STEP LOCK STEP, BRUSH.

1- 4 Step Rt forward, touch Lt behind Rt, step Lt back, hook Rt in front of Lt.
5- 8 Step Rt forward, lock Lt behind Rt, step Rt forward, brush Lt forward.

STEP SIDE 1/4 TURN RT ,SIDE, CROSS, HOLD, SIDE ROCK, CROSS, HOLD

9-12 Step Lt to side turning 1/4 Rt (OLOD), step Rt to Rt side, cross Lt over Rt, Hold.
13-16 Rock to Rt side on Rt, recover on Lt, cross Rt over Lt, Hold.

On count 9 turn into Indian position. Man behind Lady.

SIDE, TOGETHER, STEP 1/4 TURN LT. BRUSH, ROCKING CHAIR, (LADY 2 X 1/2 PIVOTS RT.)

17-20 Step Lt to Lt side, step Rt together, step Lt forward turning 1/4 Lt (LOD), brush Rt forward.
21-24 Man Rock forward on Rt, recover back on Lt , rock back on Rt, recover forward on Lt
21-24 Lady Step forward on Rt, pivot 1/2 Lt on Lt, step forward on Rt, pivot 1/2 Lt on Lt

On count 19 turn into Sweetheart position.

On count 21 Lady turns under raised Rt arms returning to Sweetheart position.

STEP SIDE 1/4 TURN LT. BEHIND, FWD 1/4 RT. HOLD. SIDE 1/4 RT. BEHIND FWD 1/4 LT. BRUSH.

25-28 Step Rt to side turning 1/4 Lt (ILOD), step Lt behind Rt, step Lt forward turning 1/4 Rt.(LOD)
 Hold
29-32 Step Lt to side turning 1/4 Rt (OLOD), step Rt behind Lt, step Rt forward turning 1/4 Lt.(LOD)
 brush

On count 25 turn into reverse Indian position, release Lt hands on count 27

On count 29 pick up Lt hands turning into Indian position, on count 31 return to Sweetheart.

FWD. SHUFFLE, FWD. ROCK, BACK SHUFFLE, BACK ROCK

33-36 Shuffle forward on RLR, rock forward on Lt, recover back on Rt.
37-40 Shuffle back on LRL, rock back on Rt, recover back on Lt.

Restart after count 40 during the 4th sequence.

RT. CROSS POINT, LT. CROSS POINT, JAZZ BOX.

41-44 Cross Rt over Lt, point Lt to Lt side, cross Lt over Rt, point Rt to Rt side.
45-48 Cross Rt over Lt, step back on Lt, step Rt to Rt side, step forward on Lt.

RT. SIDE ROCK, CROSS, HOLD, LT. SIDE ROCK, CROSS, HOLD

49-52 Rock to Rt side on Rt, recover on Lt, cross Rt over Lt, Hold
53-56 Rock to Lt side on Lt, recover on Rt, cross Lt over Rt, Hold

SIDE, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, FWD. BRUSH

57-60 Step Rt to Rt side, step Lt together, step back on Rt, touch Lt to Rt,
61-64 Step Lt to Lt side, step Rt together, step forward on Lt, brush Rt forward.

Start Again

August 2021

Last Update - 5 Sept. 2021

