

Runaway

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - November 2021
音樂: Runaway - R3HAB, Sigala & JP Cooper : (Spotify)



(Dance starts on lyrics)

[S1] Lindy R, Side Rock, Cross, 1/4L

1&2 Side shuffle to the right on R-L-R
3 4 Rock L behind R, Replace weight on R
5 6 Rock L to the side, Replace weight on R
7 8 Cross L over R, Make a 1/4 turn left stepping back on R (9:00)

[S2] Lindy L, Fwd Rock, 1/2R Shuffle Fwd

1&2 Side shuffle to the left on L-R-L
3 4 Rock R behind L, Replace weight on L
5 6 Rock forward on R, Replace weight on L
7&8 Making a 1/2 turn right shuffle forward on R-L-R (3:00)

[S3] Fwd w/ Slide-Back w/ Slide, Fwd-1/4L-Back w/ Sweep, Behind-Side-Fwd w/ Sweep, Cross-1/4L-Side

1 2 Step forward on L/slide R close to L, Step back on R/slide L close to R
3&4 Step forward on L, Make a 1/4 turn left stepping R to the side, Step back on L/sweeping R around L (12:00)
5&6 Step R behind L, Step L to the side, Step forward on R/sweeping L around R
7&8 Cross L over R, Make a 1/4 turn left stepping back on R, Step L to the side (9:00)

[S4] Fwd w/ Slide-Back w/ Slide, Fwd-1/4R-Back w/ Sweep, Behind-1/4R-Side w/Hitch, Behind-Side-Cross Rock

1 2 Step forward on R/slide L close to R, Step back on L/slide R close to L
3&4 Step forward on R, Make a 1/4 turn right stepping L to the side, Step back on R/sweeping L around R (12:00)
5&6 Step L behind R, Make a 1/4 turn right stepping forward on R, Step L to the side and hitch R knee to the side (3:00)
7&8& Step R behind L, Step L to the side, Rock/across R over L, Replace weight on L**

[S5] 1/4R Fwd-Step-Together, 1/4R Back-Step-Together, 1/4R Fwd-Step-Together, Reverse Rocking Chair

1&2 Make a 1/4 turn right stepping forward on R, Step L next to R, Step R in place (6:00)
3&4 Make a 1/4 turn right stepping back on L, Step R next to L, Step L in place (9:00)
5&6 Make a 1/4 turn right stepping forward on R, Step L next to R, Step R in place (12:00)
7&8& Rock back on L, Replace weight on R, Rock forward on L, Replace weight on R

[S6] 1/4L Fwd-Step-Together, 1/4L Back-Step-Together, 1/4L Fwd-Step-Together, Coaster Step

1&2 Make a 1/4 turn left stepping forward on L, Step R next to L, Step L in place (9:00)
3&4 Make a 1/4 turn left stepping back on R, Step L next to R, Step R in place (6:00)
5&6 Make a 1/4 turn left stepping forward on L, Step R next to L, Step L in place (3:00)
7&8 Step back on R, Step L next to R, Step forward on R

[S7] Side Rock-Cross, 1/4L Side Rock-Cross, Side Rock-Cross-1/8L-Cross-1/8L-Cross Rock-

1&2 Rock L to the side, Replace weight on R, Cross L over R
3&4 Making a 1/4 turn left step/rock R to the side, Replace/step L to the side, Cross R over L (12:00)
5&6 Rock L to the side, Replace weight on R, Cross L over R

&7&8 Make a 1/8 turn left stepping back on R, Cross L over R, Make a 1/8 turn left stepping back on R, Rock/across L over R (9:00)

[S8] -Replace into Sailor-Lunge-Flick 1/4R, Monterey 3/4L Turn

1 2& Replace weight on R sweeping L around, Step L behind R, Step R to the side
3 4 Step/lunge L to the side, Make a 1/4 turn right stepping down on R/flick L back (12:00)
5 6 Point L to the side, Make a 3/4 turn left on R stepping L next to R (3:00)
7 8 Point R to the side, Touch R next to L

Restart on Wall 3 count 32 (9:00)**

Ending suggestion: The last wall starts facing 3:00. Dance up to S4 count 6, then Cross R over L (7), Unwind 1/2L weight ends on R (8) (12:00)

**Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 10/Nov/21)**
