

Run To The Hills

COPPERKNOB
STEPPERS

拍數: 80 牆數: 2 級數: Phrased Intermediate
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音樂: Run To The Hills - Klara Hammarström



Intro: 16 counts after first beat (appr. 10 seconds) Start with weight on L foot

Sequence: A-tag 1- B-B-restart- A- tag 1- B-B-B-tag 2- B- B

***3 Tags:

(1) After first A (12:00)-

(2) After second A (6:00)-

(3) After fifth B (12:00)

Description

Tag 1: Rocking chair.

Tag 2: Rocking chair, side rock, ¼ turn side rock, jazzbox ¼ turn.

Restart: In second B after 20 counts, make ¼ turn to restart at 6:00

A Pattern

A1 section: Step with sweep step, rock recover back with sweep, back back, step ½ turn step

1-2 Step fw. R while sweeping L, step fw. L 12:00

3&4 Rock fw. on R, recover on L, step back on R while sweeping L 12:00

5-6 Step back on L, step back on R 12:00

7&8 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 6:00

A2 section: Step with sweep step, rock recover back with sweep, back back, step ½ turn touch

1-2 Step fw. R while sweeping L, step fw. L 6:00

3&4 Rock fw. on R, recover on L, step back on R while sweeping L 6:00

5-6 Step back on L, step back on R 6:00

7&8 Step fw. on L, make ½ turn R stepping fw. on R, touch L next to R 12:00

A3 section: Scissor step step side, cross rock, ¼ turn touch

1-2 Step L to L side, step R next to L 12:00

3-4 Cross L over R, step R to R side 12:00

5-6 Cross L over R, recover on R 12:00

7-8 Make ¼ turn L, stepping fw. on L, touch R next to L 9:00

A4 section: Scissor step step side, cross rock, ¼ turn touch

1-2 Step R to R side, step L next to R 9:00

3-4 Cross R over L, step L to L side 9:00

5-6 Cross R over L, recover on L 9:00

7-8 Make ¼ turn R, stepping fw. on R, touch L next to R 12:00

A5 section: Scissor step step side, cross rock, ¼ turn touch

1-2 Step L to L side, step R next to L 12:00

3-4 Cross L over R, step R to R side 12:00

5-6 Cross L over R, recover on R 12:00

7-8 Make ¼ turn L, stepping fw. on L, touch R next to L 9:00

A6 section: Side rock , behind ¼ turn, step ½ turn, walk walk

1-2 Rock R to R side, recover on L 9:00

3-4 Cross R behind L, make ¼ turn L stepping fw. on L 6:00

5-6 Step fw. on R, make ½ turn L stepping fw. on L 12:00
7-8 Walk fw. R, walk fw. L 12:00

B Pattern

B1 section: Rock recover, shuffle back, back rock, shuffle ½ turn

1-2 Rock fw. on R, recover on L 12:00
3&4 Step back on R, step L next to R, step back on R 12:00
5-6 Rock back on L, recover on R 12:00
7&8 Make ¼ turn R stepping L to L side, step R next to L, make ¼ turn R stepping back on L 6:00

B2 section: Shuffle ½ turn, step ¼ turn, cross side, sailor with a heel

1&2 Make ¼ turn R stepping R to R side, step L next to R, make ¼ turn R stepping fw. on R 12:00
3-4 Step fw. on L, make ¼ turn R stepping R to R side 3:00
5-6 Cross L over R, step R to R side 3:00
7&8 Cross L behind R, step R to R side, point L heel to L side 3:00

B3 section: Ball cross hold, ball cross side, touch ¼ turn, ¼ turn with touch step side

&1-2 Step L next to R, cross R over L, hold 3:00
&3-4 Step L next to R, cross R over L, step L to L side 3:00
5-6 Touch R next to L, make ¼ turn R stepping fw. on R 6:00
7-8 Make ¼ turn R while touching L to R, step L to L side 9:00

B4 section: Behind side, cross shuffle, rock (slightly diagonal) recover, ¼ turn touch

1-2 Cross R behind L, step L to L side 9:00
3&4 Cross R over L, step L to L side, cross R over L 9:00
5-6 Rock L slightly diagonal fw. recover on R 9:00
7-8 Make ¼ turn L stepping L to L side, touch R next to L 6:00

GOOD LUCK & N'JOY
