

Run Rose Run

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Antoinette Claassens (NL) - March 2022
音樂: Run - Dolly Parton



Intro: 16 counts - start on the song

Walk fwd R L, fwd mambo step, walk back L R, coaster step

1 – 2 RF walk fwd – LF walk fwd
3 & 4 RF rock fwd – recover on LF - RF close
5 – 6 LF walk back – RF walk back
7 & 8 LF step back – RF close - LF step fwd

Point, heel, step, fwd shuffle, mambo 1/4 R, Cross-shuffle

1 & 2 RF point R side – R heel scuff next - to LF – RF step fwd
3 & 4 LF step fwd – RF close - LF step fwd
5 & 6 RF rock fwd – recover on LF - RF 1/4 turn R step back
7 & 8 LF cross over – RF step behind LF - LF cross over

Shuffle 1/4 turn R, shuffle 1/2 turn R, rock step back, kick-ball-step

1 & 2 RF 1/4 turn R step fwd – LF close - RF step fwd
3 & 4 LF 1/4 turn R step fwd – RF close - LF 1/4 turn R step back
5 – 6 RF rock back – recover on LF
7 & 8 RF kick fwd – RF step on ball - LF step in place next to RF

Shuffle 1/2 turn L, shuffle 1/2 turn L, shuffle 1/4 L, coaster step

1 & 2 RF 1/4 turn L step fwd – LF close RF 1/4 turn L step back
3 & 4 LF 1/4 turn L step back – RF close - LF 1/4 turn L step fwd
5 & 6 RF 1/4 turn L step fwd – LF close - RF step R side
7 & 8 LF step back – RF close - LF step fwd

Start over again!

**Tag: After the 2th, 5th and 8th wall:
Sway hips right - left**

Restarts:

**In the 4th wall after 16 counts (aft. sess. 2)
In the 7th wall after 24 counts (aft. sess. 3)**

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