

Running Alone

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Run To The Hills - Klara Hammarström



Rock fwd x2, triple step back, rock step

1,2& Rock fwd on RF, recover weight onto LF, step RF beside LF
3,4 Rock fwd on LF, recover weight onto RF
5&6 Step back on LF, step RF beside LF, step back on LF
7,8 Rock back on RF, recover weight onto LF

On the 10th wall the TAG comes after this section

Triple 1/2 turn L, triple 1/4 turn L, cross, back, weave

1&2 1/4 turn L stepping RF to right side, step LF beside RF, 1/4 turn L stepping back on RF
3&4 1/4 turn L stepping LF to left side, step RF beside LF, step LF to left side (facing 3:00)
5,6 Cross RF over LF, step back on LF
&7 Step RF beside LF, cross LF over RF
&8 Take a small step with RF to right side, step LF behind RF

On the 4th wall replace counts &7&8 with 7, 8

7 1/4 turn R stepping fwd on RF
8 Step fwd on LF

Then do the TAG

Side rock x2, sailor step x2

1,2& Rock RF to right side, recover weight onto LF, step RF beside LF
3,4 Rock LF to left side, recover weight onto RF
5&6 Step LF behind RF, step RF to right side, step LF in place
7&8 Step RF behind LF, step LF to left side, step RF in place

Cross rock, triple 1/4 turn L, step 1/2 turn, walk x2

1,2 Cross rock LF over RF, recover weight onto RF
3&4 Step LF to left side, step RF beside LF, 1/4 turn L stepping fwd on LF (12:00)
5,6 Step fwd on RF, 1/2 turn L shifting weight onto LF (now facing 6:00)
7,8 Step fwd on RF, step fwd on LF

TAG at the end of wall 2 and wall 6, in the middle of wall 4, after section 1 on wall 10

Rocking chair

1,2,3,4 Rock fwd on RF, recover to LF, rock back on RF, recover to LF