

Runnin' Wild (P)

拍數: 64 牆數: 0 級數: Novice / Improver Partner
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音樂: Runnin' Wild - Midland



Intro 32 counts – 1 Restart

Starting Position Closed Lady R.L.O.D

[1-8] M : Walk, Walk, Shuffle Frwd, Step, Touch, Step, Touch

[1-8] L: Back, Back, Shuffle Back, Back, Touch, Back, Touch

1-2 M : Step LF forward – Step RF forward

L: Step RF back – Step LF back

3&4 M : Shuffle forward left, right, left

L: Shuffle Back right, left, right

5-6 M : Step right forward – Touch LF beside RF

L: Step LF back – Touch RF beside LF

7-8 M : Step LF forward – Touch RF beside LF

L: Step RF back – Touch LF beside RF

Let go of man's right hand and ladies left

[9-16] M : Shuffle ¼ Turn, Rock Step, Triple Step ¼ Turn, Back Rock

[9-16] L: Shuffle ¼ Turn, Rock Step, Triple Step ¼ Turn, Back Rock

1&2 M : Shuffle ¼ turn to right RF, LF, RF

L: Shuffle ¼ turn to left LF, RF, LF

3-4 M : Step LF forward – Recover to RF

L: Step RF forward – Recover to LF

Retake both hands

Double Hand Hold Position

Lady R.L.O.D

5&6 M : Triple Step ¼ turn to left LF, RF, LF

L: Triple Step ¼ turn to right RF, LF, RF

7-8 M : Step RF back – Recover to left

L: Step LF back – Recover to RF

[17-24] M : Step, Kick, Back, Touch, Side Rock, Shuffle Frwd

[17-24] L: Step, Kick, Back, Touch, Side Rock ½ Turn, Shuffle Frwd

1-2 M : Step RF forward – Kick LF forward

L: Step LF forward – Kick RF forward

3-4 M : Step LF back – Touch RF beside LF

L: Step RF back – Touch LF beside RF

5-6 M : Step RF to right – Recover to LF

L: Step LF to left – Recover to RF ½ turn to right

Let go of man's left hand and ladies right

Promenade Position

7&8 M : Shuffle forward RF, LF, RF

L: Shuffle forward LF, RF, LF

[25-32] Step, Point, Step, Point, Jazz Box

1-2 M : Step LF forward – Point RF to right

L: Step RF forward – Point LF to left

3-4 M : Step RF forward – Point LF to left

L: Step LF forward – Point RF to right

5-6 M : LF cross forward RF – LF back

7-8 L: Rfcross forward LF – RF back
M : LF to left – RF forward
L: RF to right – LF forward

[33-40] M : Step Lock, Shuffle Frwd, Walk, Walk, Shuffle Frwd

[33-40] L: Step Lock, Shuffle Frwd, Step ½ Turn, Back, Shuffle Back

1-2 M : Step LF forward – RF lock behind LF

L: Step RF forward – LF lock behind RF

3&4 M : Shuffle forward LF, RF, LF

L: Shuffle forward RF, LF, RF

5-6 M ; Step RF forward – Step LF forward

L: Step LF forward ½ turn to right – RF back

Lady passes under man's right arm and ladies left arm

Double Hand Hold Position

Lady R.L.O.D

7&8 M : Shuffle forward RF, LF, RF

L: Shuffle back LF, RF, LF

Restart at this position of dance

[41-48] M : Rock Step, Shuffle Back, Coaster Step, Step, Scuff

[41-48] L: Back Rock, Shuffle Frwd ½ Turn, Coaster Step, Step, Scuff

1-2 M : Step LF forward – Recover to RF

L: Step RF back – Recover to left

3&4 M : Shuffle back LF, RF, LF

L: Shuffle forward ½ turn to left RF, LF, RF

Lady passes under man's left arm and ladies right arm

Wrap Position L.O.D

5&6 M : Step RF back – LF to RF – Step RF forward

L: Step LF back – RF to LF – Step LF forward

7-8 M : Step LF forward – Scuff RF forward

L: Step RF forward – Scuff LF forward

[49-56] M : Step, Scuff, Shuffle Frwd, Walk, Walk, Shuffle Frwd

[49-56] L: Step, Scuff, Shuffle Frwd, Step ½ Turn, Back, Shuffle Back

1-2 M : Step RF forward – Scuff LF forward

L: Step LF forward – Scuff RF forward

3&4 M : Shuffle forward LF, RF, LF

L: Shuffle forward RF, LF, RF

5-6 M : Step RF forward – Step LF forward

L; Step LF forward ½ turn to right – Step RF back

Let go of man's right hand and ladies left

Starting Position

7&8 M : Shuffle forward RF, LF, RF

L; Shuffle back LF, RF, LF

[57-64] M : Rock Step, Shuffle Back ½ Turn, Step Pivot ½ Turn, Step, Shuffle Frwd

[57-64] L: Back Rock, Shuffle Frwd, Rock Step, Shuffle Back

1-2 M : Step LF forward – Recover to RF

L: Step RF back – Recover to LF

3&4 M ; Shuffle back ½ turn to left LF, RF, LF

L: Shuffle forward RF, LF, RF

Let go of man's right hand and ladies left

Man passes under his left arm and ladies right arm

5-6 M : Step RF forward ½ turn to left – Step LF forward

L: Step LF forward – Recover to RF

Starting Position

7&8

M : Shuffle forward RF, LF, RF
L; Shuffle back LF, RF, LF

Restart : At the fourth sequence, after the first 40 counts, restart the dance from the beginning.
