

You've Been Running all over Town

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Georgie Mygrant (USA) - May 2022
音樂: Mustang Sally - Rufus Thomas : (Album: Walking the Dog)



Intro: 16 - Just 3 easy moves! - 2 Walls (*4 Walls, or 1 wall)

Rock R Fwd. Step R to side, Rock R back

1-8 Step R fwd. step on L, step R to side, Step on L, Step R to back, step on L, step on R, touch L to R
5-8 Step L fwd. Step on R, Step L to side, step on R, Step L back, Step on R, Step on L, touch R to L

Modified Box Step

1-4 Step R side, Step L to R, Step back on R, Touch L to R,
5-8 Step L side, Step R to L, Step L Back, touch R to L

Jazz Box $\frac{1}{4}$ R, Jazz Box $\frac{1}{4}$ R

1-4 Step R over L, step back on L, turning $\frac{1}{4}$ R, step on R, step on L
5-8 Repeat, turning $\frac{1}{4}$ R

That's it! Real easy. A new routine to an old song. *(If you want to make it a 4 walls, just do one Jazz Box's in place and turn $\frac{1}{4}$ R on the next one. Just tell the class if it's going to be a two wall or four, or do both jazz boxes in place and make it a one wall! It's your choice.)

Just have fun doing it. Please do not alter routine without my permission. Thank You and if you like it, please vote for it! Georgie mygeo@adamswells.com