

On the Run

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jenna Tuck (USA) - March 2022
音樂: So So Young - Stealth & Aslove



Alternate Music: All Night by Brothers Osborne

SO SO YOUNG- 32 Count Intro- No Tags, No Restarts
ALL NIGHT- 16 Count Intro-1 Restart with fix, 1 Tag/Restart with fix. See Below

[1-8] SKATES R & L, R SIDE SHUFFLE, L CROSS UNWIND, R COASTER.

1, 2, 3&4 Skate R(1), Skate L(2), Step R(3), Step L next to R(&), Step R to R(4)
5, 6, 7&8 Cross L over R (5), Unwind ½ turn right (6), Step back R (7) step L next to R(&), step forward R(8) 6:00

[9-16] STEP L SWEEP R, STEP R SWEEP L, VANDEVILLE WITH L HEEL TOUCH, R CROSS SHUFFLE.

1, 2, 3, 4 Step L forward (1), Sweep R foot from back to front (2), Step R forward (3), Sweep L foot from back to front (4)
5&6 Cross L over Right (5), Step R to right side (&), Touch left heel to left diagonal(6)
&7&8 Step in place on L ball (&), Cross R over L (7), Step L to left (&), Cross R over L (8) 6:00

[17-24] STEP L WITH L SWAY, SWAY ON R, BEHIND SIDE CROSS, ½ TURN ON L BALL, R CROSS SHUFFLE, STEP L ¼ WITH BODY ROLL

1, 2, 3 & 4 Step L with sway (1), Sway on R (2), Cross L behind R (3), Step R (&), Cross L over R (4)
5&6 Pivot on L ball with ½ turn to right and Cross R over L (5), Step L to left (&), Cross R over L(6), 12:00
7, 8 Turn ¼ left, and Step L forward with body roll, taking weight on R (8) 9:00

[25-32] L COASTER, ROCK FORWARD R WITH LEAN, RECOVER ON L & HITCH R, R LOCKSTEP BACK, SHUFFLE ½ TURN L,R,L,

1&2 Step back L (1) Step R next to L (&), Step forward L (2)
3, 4 Rock forward on R with lean (3), Recover on L hitching R leg up (4)
5&6 Step back on R (5), Cross L over R (&), Step back on R (6)
7&8 Shuffle ½ turn Left Stepping forward L (7), Step R beside L (&), Step forward L (8) 3:00

MODIFICATIONS IF DANCING 'ALL NIGHT':

RESTART During wall 3 (starts facing 6:00) after 24 counts

NOTE: Replace counts 23, 24 –(the ¼ turn) with: Step L with L, bring R to L with Stomp up
After 24 counts you will be facing 6:00, RESTART (becomes wall 4)

TAG & RESTART: During Wall 8, (wall starts facing 6:00) Dance 1-14,

NOTE: Replace counts & 15, 16 with: Step in place on L ball, Cross R over L, Stomp L to L side taking weight (you will be facing 12:00), & then begin TAG (after musical break)

TAG: [1-8] STOMP & SWIVEL R, LEAN FORWARD R WITH SHOULDER SHIMMY, STOMP & SWIVEL L, LEAN FORWARD L WITH SHOULDER SHIMMY.

1&2 Stomp R forward(1), Swivel R heel out and back in (&2),
3&4 Leading with R shoulder & weight on R, lean forward with a slow shoulder shimmy (3&4)
5&6 Stomp L forward(1), Swivel L heel out and back in (&2),
7&8 Leading with L shoulder & weight on L, lean forward with a slow shoulder shimmy (7&8)
12:00

After tag you will be facing 12:00, RESTART

Hope you have fun! Contact Jenna Tuck if you have any questions jenna.tuck13@gmail.com.
