

Runtah Kopi Susu

拍數: 102 牆數: 2 級數: Low Intermediate
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音樂: Runtah - Azmy Z



Sequence : A Tag A Tag BB A(32) CC A Tag A Tag BBBB

A (48 count)

I. JAZZ BOX CROSS, SIDE, TOGETHER, CHASSE

- 1 – 2 Cross Rf over Lf, Step back on Lf
- 3 – 4 Step Rf to right side, Cross Lf over Rf
- 5 – 6 Step Rf to right side, Step Lf beside Rf
- 7 & 8 Step Rf to right side, Step Lf beside Rf, Step Rf to right side

II. REVERSE

III. ½ PIVOT TURN, TOE STRUT

- 1 – 2 Step Rf forward, ¼ turn L (weight on Lf)
- 3 – 4 Step Rf forward, ¼ turn L (weight on Lf)
- 5 – 6 Touch R toe slightly forward, Drop R heel
- 7 – 8 Touch L toe slightly forward, Drop L heel

IV. ROCK CROSS, CHASSE

- 1 – 2 Rock cross Rf over Lf, Recover on Lf
- 3 & 4 Step Rf to right side, Step Lf beside Rf, Step Rf to right side
- 5 – 6 Rock cross Lf over Rf, Recover on Rf
- 7 & 8 Step Lf to left side, Step Rf beside Lf, Step Lf to left side

V. BACK, TOE TOUCH AND HIP BUMP

- 1 – 2 Step back on Rf, Touch L toe forward with bump L hip
- 3 – 4 Step back on Lf, Touch R toe forward with bump R hip
- 5 – 6 Step back on Rf, Touch L toe forward with bump L hip
- 7 – 8 Step back on Lf, Touch R toe forward with bump R hip

VI. ROCK SIDE, CROSS SHUFFLE

- 1 – 2 Rock Rf to right side, Recover on Lf
- 3 & 4 Cross Rf over Lf, Step Lf to left side, Cross Rf over Lf
- 5 – 6 Rock Lf to left side, Recover on Rf
- 7 & 8 Cross Lf over Rf, Step Rf to right side, Cross Lf over Rf

B (32 count)

I. FORWARD DIAGONAL, BEHIND, LOCK SHUFFLE

- 1 – 2 Step Rf diagonal R forward, Step Lf behind Rf
- 3 & 4 Step Rf diagonal R forward, Step Lf behind Rf, Step Rf diagonal R forward
- 5 – 6 Step Lf diagonal L forward, Step Rf behind Lf
- 7 & 8 Step Lf diagonal L forward, Step Rf behind Lf, Step Lf diagonal L forward

II. ROCK FORWARD, BACK SHUFFLE, ROCK BACK, FORWARD SHUFFLE

- 1 – 2 Rock Rf forward, Recover on Lf
- 3 & 4 Step back on Rf, Step Lf beside Rf, Step back on Rf
- 5 – 6 Rock back on Lf, Recover on Rf
- 7 & 8 Step Lf forward, Step Rf beside Lf, Step Lf forward

III. ½ PIVOT TURN

- 1 – 2 Step Rf forward, Turn 1/8 L (weight on L)
- 3 – 4 Repeat
- 5 – 6 Repeat
- 7 – 8 Repeat

IV. JAZZ BOX, HIP BUMP

- 1 – 2 Cross Rf over Lf, Step back on Lf
- 3 – 4 Step Rf to right side, Step Lf forward
- 5 & 6 Step Rf to right side and bump hip RLR
- 7 & 8 Bump hip LRL

C (32 count)

I. SHUFFLE TURN

- 1 & 2 ¼ turn R Step Rf forward, Step Lf beside Rf, Step Rf forward
- 3 & 4 Repeat
- 5 & 6 Repeat
- 7 & 8 Repeat

II. REVERSE

III. WEAVE, TOE TOUCH

- 1 – 2 Cross Rf over Lf, Step Lf to left side
- 3 – 4 Cross Rf behind Lf, Touch L toe to left side
- 5 – 6 Cross Lf over Rf, Step Rf to right side
- 7 – 8 Cross Lf behind Rf, Touch R toe to right side

IV. ¾ PIVOT TURN, FORWARD, TOE TOUCH, FORWARD, TOE TOUCH

- 1 – 2 Step Rf forward, ½ turn L (weight on L)
- 3 – 4 Step Rf forward, ¼ turn L (weight on L)
- 5 – 6 Step Rf forward, Touch L toe to left side
- 7 – 8 Step Lf backward, Touch R toe to right side

TAG

- 1 – 4 Rolling Shoulder RLRL

Last Update – 25 Oct. 2022
