

# Running in Circles

拍數: 32      牆數: 4      級數: Improver  
編舞者: Valerie Zook (USA) - August 2022  
音樂: Circles - Post Malone : (Apple music)



Intro: 32 counts from start of song / Dance 4X ending on 12:00 Wall / Main Dance follows

## [Intro] Cross Point, Cross Point, Kick Ball Change, ¼ Turn

1-2            Cross R over L, Point L to left side  
3-4            Cross L over R, Point R to right side  
5&6           Kick R, Recover on R, Step L forward  
7-8            Step R fwd, ¼ Turn L with hip roll (9:00)

## [Main Dance]

### [1-8] Walk, Walk, Side Mambo Step, Rock, Recover, Sailor ¼ Turn

1-2            Walk fwd Right, Left  
3&4            Rock R to right side, Recover on L, cross R over L  
5-6            Rock L to left side, Recover on R  
7&8            Sweep L behind R with ¼ Turn L, Step R to right side, Step L fwd (9:00)

### [9-16] Step, ¼ Turn, Step, ¼ Turn, Rock, Recover, Coaster Step

1-2            Step R fwd, ¼ Turn L with hip roll (6:00)  
3-4            Step R fwd, ¼ Turn L with hip roll (3:00)  
5-6            Rock fwd on R, Recover on L  
7&8            Step back on R, Step L together, Step fwd on R (3:00)

### [17-24] Heel Jack 2X, Rock, Recover, Back, Heel, Together, Touch

1&2&          Cross L over R, Step R back to right diag, Touch L heel fwd to left diag, Step L together  
3&4&          Cross R over L, Step L back to left diag, Touch R heel fwd to right diag, Step R together  
5-6&          Rock L fwd, Recover on R, Step back on L  
7&8            Touch R heel fwd, Step R together, touch L foot next to R (3:00)

### [25-32] Side Shuffle, ¼ Turn, Side Shuffle, Rock, Recover, ¼ Turn, Side Step, Sway, Sway

1&2&          Step L to left side, Step R together, Step L to left side, ¼ Turn L  
3&4            Step R to right side, Step L together, Step R to right side (12:00)  
5&6            Rock L fwd, Recover on R, Pivot ¼ Turn L w/L Step to left side (9:00)  
7-8            Hip sway R, Hip sway L (9:00)

Begin again Steps 1-32 / No tags or restarts

At end of song on the 3:00 wall, Pivot ¼ Turn L w/R-Step side and Pose

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