

Running Around

拍數: 32 牆數: 4 級數: Advanced - Hip Hop
編舞者: Mikael Mölsä (FIN) - March 2023
音樂: runnin around - Darren Criss : (CD: Running Around -single)
或: f*kn around - Darren Criss : (CD: f*kn Around -single)



Starting point: At the vocals, at about 0:13.

Note: There are two restarts in the dance, after count 16 on walls 5 and 7. There's also a 2 –count tag after wall 8.

Ending: The dance ends after wall 10, when you'll be facing the front wall again. Strike a pose!

STEP FORWARD, SAILOR STEP, BEHIND, PRESS, ARM MOVEMENTS, HITCH, STEP FORWARD

1 Step right forward
2&3 Step left behind right, step right next to left, step left to left diagonal
&4 Step right behind left, press on left foot
5& Right hand touches left shoulder, right hand touches right shoulder
6& Extend right hand to right side, bring right hand in front of you (palm down, palm at chest height)
7-8 Hitch left foot to touch right hand, step left forward

KICKS FORWARD, NIKE J WITH A HITCH, REVERSE RUNNING MAN, ELECTRIC KICK, STEP FORWARD

1&2& Kick right forward, step right next to left, kick left forward, step left next to right
3&4 Kick right across left, step weight to right foot, step back on right and hitch left foot
&5&6 Step left next to right, hitch right foot up, pull right foot back a bit, step right foot down
&7&8 Step left back, kick right forward, step right in place, step left forward

STEP OUT, OUT, BASKETBALL STEP, RISE UP, GRAPEWINE RIGHT, SIDE STEP

1&2 Step right behind left, step left out, step right out (legs are now a bit more than a shoulder-wide apart)
3&4 Sit down a little and push your left hand down in front of you and your right hand behind you, push your right hand down in front of you and your left hand behind you, straighten up by lifting your right hand in front of you (elbow forward)
5-6 Step right to right side, step left behind right
7-8 Step right to right side, step left to left side (you are now should-wide apart)

Note: On counts 3&, it's like you are dribbling a basketball between your legs before you rise up.

HAND MOVEMENTS, LEG MOVEMENT WITH A 1/8 RIGHT TURN, 1/8 RIGHT TURNING BODY ROLL FROM DOWN TO UP

1 Right hand touches left shoulder
2&3 Right hand touches right shoulder, dip down a little and touch your right thigh (little above your right knee) with your right hand, right hand touches right shoulder (straighten up)
&4 Right hand touches left shoulder, dip down a little and touch your left thigh (little above your left knee) with your left hand
5-6 With your right hand, bring your left leg next to your right leg while you turn 1/8 to right, hold
7-8 Turn 1/8 to right and do a body roll from down to up over 2 counts (you are now facing 3:00)

REPEAT

TAG (2 counts, after wall 8, facing 12:00):

STEP OUT, OUT

1-2 Step right to right side, step left to left side

