

Everybody Runs

拍數: 64 牆數: 4 級數: Improver
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音樂: The Journey of Life - Thomas Anders



Intro: 32 counts, starts on "young"

Step fwd, cross behind, lockstep fwd (R+L)

1 – 2 RF step fwd – LF cross behind
3 & 4 RF step fwd – LF cross behind – RF step fwd
5 – 6 LF step fwd – RF cross behind
7 & 8 LF step fwd – RF cross behind – LF step fwd

Fwd rock step, shuffle 1/2 turn R, step, cross behind, lockstep fwd

1 – 2 RF rock fwd – recover on LF
3 & 4 RF step back 1/4 R – LF close – RF step fwd 1/4 R
5 – 6 LF step fwd – RF cross behind
7 & 8 LF step fwd – RF cross behind – LF step fwd

Fwd rock step, shuffle 1/4 turn R, cross, side, Sailor step 1/4 turn L

1 – 2 RF rock fwd – recover on LF
3 & 4 RF step back 1/4 R – LF close – RF step R side
5 – 6 LF cross over – RF step R side
7 & 8 LF cross behind 1/4 turn L – RF step aside – LF step aside

Step fwd, step fwd 1/4 R, sailor step 1/4 R, Fwd rock step, shuffle 1/2 turn L

1 – 2 RF step fwd – LF step fwd 1/4 R
3 & 4 RF cross behind 1/4 turn R – LF step aside – RF step aside
5 – 6 LF rock fwd – recover on RF
7 & 8 LF step back 1/4 L – RF close – LF step fwd 1/4 L

Step fwd, pivot 1/4 L, cross shuffle, hinge 1/2 turn R, cross shuffle

1 – 2 RF step fwd – RF+LF turn 1/4 L
3 & 4 RF cross over – LF step behind RF – RF cross over
5 – 6 LF step aside 1/4 R – RF step back 1/4 R
7 & 8 LF cross over – RF step behind LF – LF cross over

Side, close, shuffle fwd, fwd rock step, Shuffle 1/2 turn L

1 – 2 RF step R side – LF close
3 & 4 RF step fwd – LF close – RF step fwd
5 – 6 LF rock fwd – recover on RF
7 & 8 LF step back 1/4 L – RF close – LF step fwd 1/4 L

Side, close, shuffle fwd, fwd rock step, Shuffle 1/2 turn L

1 – 2 RF step R side – LF close
3 & 4 RF step fwd – LF close – RF step fwd
5 – 6 LF rock fwd – recover on RF
7 & 8 LF step back 1/4 L – RF close – LF step fwd 1/4 L

Step fwd 2 x 1/2 turn L, Shuffle fwd, fwd rock step, coaster step

1 – 2 RF step 1/2 turn L fwd – LF step 1/2 turn L fwd
3 & 4 RF step fwd – LF close – RF step fwd

5 – 6 LF rock fwd – recover on RF
7 & 8 LF step back – RF close – LF step fwd

Start over again!

**Tag: 4 counts after the 1th [9] and 4th wall [9]:
RF step fwd – RF+LF turn 1/2 L (x2)**

Restart: in the 3th wall after 32 counts
