

Running Home AB Ezpz

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 0
編舞者: Mitzi Day (USA) - January 2024
音樂: Running Home - Cochren & Co.

級數: Absolute Beginner



Dance starts on lyrics. one tag one restart -don't worry. it is easy to hear. Another note-if you want to stay on one wall don't make the 1/4 turn after hitch

Section 1 Walk left diagonal forward and back

1-2-3-4 Face 10:30 and walk forward r-l-r-touch left
5-6-7-8 Walk back to home l-r-l-touch right and face 12:00

Section 2 Walk right diagonal forward and back

1-2-3-4 face 1:30 and walk forward r-l-r-and touch left
5-6-7-8 Walk back to home l-r-l and touch right and face 12:00.

Section 3 Side together , side l hitch, turn 1/4 left, side together side r hitch.

1-2-3-4 Step right to right side, step left beside right. Step right to right side, hitch left knee up and turn 1/4left.(9:00)
5-6-7-8 facing 9:00 Step left to left side, step right beside left, step left to left side, hitch right knee up.

Restart here on rotation 9 the third time you face 9:00. the singer sings without music here.

Section 4 Toe strut, Toe strut, march in place rolling forearms

1-2-3-4 With weight on left foot place right ball of foot on floor then step down on heel placing weight on right. With weight on right foot place left ball of foot on floor then step down on left heel placing weight on left.
5-6-7-8 March in place r-l-r-l bending elbows and rolling hands over and over.

NOTE THERE IS A TAG WHEN YOU GET BACK TO 12:00 WALL ON FOURTH ROTATION AT THE END OF 32 ct and the tag is you repeat the last 8 cts. you repeat the toe strut section to the lyrics "I'm running home".

Let's dance!!
