

Always on the Run

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Anette Schnare (DE) - February 2024
音樂: Always on the run - ISAAK



Intro: 8 Counts

Section 1: Side rock/Recover, Cross Shuffle, ¼ Back, ¼ Side, ½ Chasse

1-2 rock R out to R side, recover weight onto L (12:00)
3&4 cross R over L, step L to L side, cross R over L (12:00)
5-6 turn ¼ R stepping L back (3:00), turn ¼ R stepping R to R side (6:00)
7&8 turn ½ R stepping L side, R close to L, L side (12:00)

Section 2: Back Rock/Recover, Kick-Ball-Change (diagonal) (2X), Side , ¼ Back

1-2 Rock back onto R, recover weight fwd onto L (12:00)
3&4 kick R fwd, step R beside L, step L fwd (1:30) (12:00)
5&6 kick R fwd, step R beside L, step L fwd (1:30) (12:00)
7-8 stepping R to R side (12:00), turn ¼ L stepping L back (9:00)

Section 3: Coaster Step, Lock Shuffle Forward L, Pivot ½, Walk R, Walk L

1&2 Step R back, step L beside R, step R fwd (9:00)
3&4 step L fwd, lock R behind R, step L fwd (9:00)
5-6 step R fwd, pivot ½ turn over L (3:00)
7-8 Step R fwd, step L fwd, (3:00)

Section 4: Vaudevilles L + R, Pivot ½, Pivot ½,

1&2 Cross R over L, step L to L side, touch R heel fwd into R diagonal (3:00)
&3& Step R beside L, cross L over R, step R to R side (3:00)
4& Touch L heel fwd into L diagonal, step L beside R (3:00)
5-6 step R fwd, pivot ½ turn over L (9:00)
7-8 step R fwd, pivot ½ turn over L (3:00)

Repeat

Please dance through the quieter bridge with restraint.

Since the music ends with a fade out, think of a nice closing pose to express yourself and turn to 12 o'clock wall.

Have fun, go mad.