

Run With Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie-Odile Jélinek (FR) - August 2024
音樂: Run With Me (Mind Veneration Remix) - Calum Scott



Sequence: 32 -32 -32-32- [Tag/Restart :16] -32- 32- 32- 32- 32- 32 -32-8 : Final 12h
Hold on LF

[1to8] R HEEL TOE- KICK BALL STEP- L HEEL TOE- KICK BALL STEP

1-2 Place TD fwd -Touch R toe backwards
3&4 Kick RF fwd -Pose Ball RF next to LF -Point LF fwd
5-6 Place LH fwd – Touch L toe backwards
7&8 Kick LF fwd- Pose Ball L next to RF – Point RF fwd

Here: Music's end will end on 1st Section of 1to8 facing 6h after the 11 Walls

Turn to 12h with: 1-2: RF fwd – ½turn on-the-spot to L- Hold on LF

[9to16] R.SCISSOR CROSS - L. PIVOT STEP ½ TURN R – R. COASTER STEP- L. ROCK STEP

1&2 pose RF to R - Gather LF next to RF- Cross RF front of LF
3-4 Point LF fwd Pivot ½ turn to the R (hold on LF) - Point RF
5&6 Pose RF back -Pose LF next to RF - Pose RF fwd
7-8 LF fwd- Return BW on RF

[17to24] SIDE ROCK – L. CROSS & CROSS L- SIDE ROCK R - SAILOR STEP TURNING ¼ R

1-2 LF to L- Return on RF
3&4 Cross (LRL)
5-6 RF to R- Return on LF
7&8 Pivot ¼ turn to R in: Posing RF back - Pose LF next to RF - Pose RF fwd

[25to32] CROSS L-POINT SIDE R-CROSS R- POINT SIDE L- L. ROCK STEP FWD- L. TRIPLE ½ TURN

1-2 Cross LF front of RF – Point RF to R
3-4 Cross RF front of LF - Point LF to L
5-6 Pose LF fwd - Return BW on RF
7&8 Cross L.R.L while doing ½ Turn to the L - (LF fwd)

Here: 1 Tag/Restart after 4th Wall facing 12h of 16counts: Resume dance

Tag below

[1to8] STOMP-HOLD R/L- CROSS -SIDE ROCK STEP R/L

1-2 Tap RF to R -Pause
3-4 Tap LF to L- Pause
5&6 Cross RF front of LF- Return hold on LF -Pose RF to R
7&8 Cross LF front of RF- Return hold on RF – Pose LF to L

[9to16] STEP BACK R/L- WITH SNAPS) – COASTER STEP R- HEEL GRING ¼ TURN L

1 à4 Step back RF -LF + Snaps
5&6 Pose RF back - Gather LF next to RF Pose RF fwd
7-8 Pose LH into the ground- Pivot ¼ Turn to the L (BW on RF)

« Happy Dancing to All! »