

Running Down a Dream

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cathy Snow (USA) - August 2024
音樂: Runnin' Down A Dream - Luke Combs



Intro: 32 counts

[1-8] HEEL SPLITS, HEEL SWITCHES

- 1-2 Keep weight on balls of feet. Move both feet out to opposite sides, then back together.
- 3-4 Keep weight on balls of feet. Move both feet out to opposite sides, then back together.
- 5-6 Touch R heel forward, step R beside L
- 7-8 Touch L heel forward, step L beside R

[9-16] HEEL SPLITS, HEEL SWITCHES

- 1-2 Keep weight on balls of feet. Move both feet out to opposite sides, then back together
- 3-4 Keep weight on balls of feet. Move both feet out to opposite sides, then back together
- 5-6 Touch R heel forward, step R beside L
- 7-8 Touch L heel forward, step L beside R

[17-24] TOE STRUTS R, L; 1/8 HIP ROLL X 2

- 1-2 Touch R toe forward, Drop R heel (take weight)
- 3-4 Touch L to forward, Drop L heel (take weight)
- 5-6 Step RF out R turn making 1/8 turn L turn rolling hips 5,6.
- 7-8 Repeat 5,6 finish with weight on L foot

[25-32] LINDY R, LINDY L

- 1&2 Shuffle R, L, R to R side
- 3-4 Rock back on L behind R, recover R
- 5&6 Shuffle L, R, L to left side
- 7-8 Rock back on R behind L, recover

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****Still looking for demos or teach as I am still unable to dance from TKR.**