

Hay Runnin'

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Marthijn Houben (BEL) - September 2024
音樂: Hit The Hay Runnin' - Aaron Watson



Info: 16 counts intro (A B62 Tag1 A B B32 Tag2 B B B)

Part A (32 counts)

Scuff, out out, knee in R+L, heel switches, coaster

1&2 RF scuff, RF step aside, LF step aside
3&4& R knee in, R knee out (weight on RF), L knee in, L knee out (weight on LF)
5&6 RF touch heel fwd, RF step close to LF, LF touch heel fwd.
7&8 LF step bwd., RF step close to LF, LF step fwd.

Stomp, stomp, heel fan, kick, rock, 1/4 L, behind, side, cross

1,2 RF stomp fwd., LF stomp in place
3&4 R heel out, R heel in, RF kick fwd.
5&6 RF rock bwd., recover on LF, RF step 1/4 turn L aside.
7&8 LF step behind RF, RF step aside, LF step across RF

Slide, touch, coaster, pivot 1/2 , pivot 1/4

1,2 RF big step aside, LF touch close to RF
3&4 LF step bwd., RF step close to LF, LF step fwd.
5,6 RF step fwd., turn 1/2 L (weight on LF).
7,8 RF step fwd., turn 1/4 L (weight on LF).

Heel, heel, touch, heel, coaster, kick, ball, cross

1&2& RF touch heel fwd., RF step close to LF, LF touch heel fwd., LF step close to RF.
3&4 RF touch toe close to LF, RF step close to LF, LF touch heel fwd.
5&6 LF step bwd., RF step close to LF, LF step fwd.
7&8 RF kick fwd., RF step on ball of foot, LF step across RF.

Part B (64 counts)

1/4 R rock (2x), electric kick, stomp, hold.

1,2,3,4 RF rock with 1/4 turn R, recover on LF, RF rock with 1/4 turn R, recover on LF.
5,6,7,8 RF rock bwd & LF kick fwd., recover on LF, RF stomp close to LF, hold.

Toe heel toe swivel 1/4 R, touch, scissor, stomp.

1,2,3,4 R toe out, R heel out, R toe out with 1/4 turn R, LF touch close to RF
5,6,7,8 LF step aside, RF step close to LF, LF step across RF, RF stomp close to LF.

Pigeon toe, 2x heel jack (weight on toe & opposed heel & traveling R)

1,2,3,4 toe split, bring toe together & heel split, toe split, bring toe together & heel split
5,6 (jumping) LF diag. Bwd. & RF touch heel diag. Fwd., R+L back in center.
7,8 (jumping) RF diag. Bwd. & LF touch heel diag. Fwd., R+L back in center.

(jumping) cross&hook, close&kick, rock&kick, close, cross&hook, 1/4 kick, 1/4 kick, flick.

1,2 RF jump across LF & LF hook behind RF, LF jump bwd. & RF kick fwd.
3,4 RF jump diag. Bwd. & LF kick fwd., LF jump back in center.
5,6 RF jump across LF & LF hook behind RF, LF jump bwd. with 1/4 turn R & RF kick fwd.
7,8 RF jump bwd. with 1/4 turn R & LF kick fwd., LF jump fwd.

Restart B32

Step lock step, scuff, 1/4 R chassé, touch.

1,2,3,4 RF step fwd., LF step behind RF, RF step fwd., LF scuff.
5,6,7,8 LF step aside with 1/4 turn R, RF step close to LF, LF step aside, RF touch close to LF.

Side, heel twist, kick, behind, 1/4 L rock, 1/2 L fwd.

1,2,3,4 RF step aside, L heel in, L heel out (weight on LF), RF kick diag. fwd.
5,6,7,8 RF step behind LF, LF rock 1/4 turn L, recover on RF, LF step fwd. with 1/2 turn L.

Step lock step, scuff, pivot 1/4 R, cross, side.

1,2,3,4 RF step fwd., LF step behind RF, RF step fwd., LF scuff.
5,6,7,8 LF step fwd., turn 1/4 R (weight on RF), LF step across RF, RF step aside.

Behind, side, cross rock, side, 2x stomp, stomp up

1,2,3,4 LF step behind RF, RF step aside, LF rock across RF, recover on RF.
5,6 LF step aside, RF stomp close to LF

Restart B62

7,8 LF stomp close to RF, RF stomp close to LF.

Tag 1 (16 counts)

1/2 walk around, rumba bwd.

1,2 RF step fwd. with 1/8 turn R, LF step fwd. with 1/8 turn R
3,4 RF step fwd. with 1/8 turn R, LF step fwd. with 1/8 turn R
5&6 RF step aside, LF step close to RF, RF step bwd.
7&8 LF step aside, RF step close to LF, LF step fwd.

Do this section 2x

Tag 2 (64 counts)

TS1: Stomp (2X), pivot 1/4, cross, hold, touch, heel.

1,2,3,4 RF stomp fwd. (2x), LF step fwd., 1/4 turn R (weight in RF)
5,6,7,8 LF step across RF, hold, RF touch toe close to LF & bend knee in, RF touch heel & bend knee out.

TS2-TS8: 1/4 R stomp, stomp, pivot 1/2, cross, hold, touch heel

1,2,3,4 RF stomp fwd. with 1/4 turn R, RF stomp fwd., LF step fwd., 1/4 turn R (weight in RF)
5,6,7,8 LF step across RF, hold, RF touch toe close to LF & bend knee in, RF touch heel & bend knee out.

Do this section 7x
