

Run it

拍數: 64 牆數: 0 級數: Phrased Advanced
編舞者: Cole Severtson (USA) - December 2024
音樂: Run It - Jelly Roll



Order: AA BBB AA(only 16 counts) BBB

Intro: after 16 counts once lyrics start at 8sec onto track

A: 32c

(1-8) Wizard step R, wizard step L, rock recover R, triple step 1/2 turn right

1-2& 1) Step diagonal out with R, 2) step L behind R, &) step forward on R
3-4& 3) Step diagonal out with L, 4) Step R behind L, &) Step forward on L
5-6 5) Rock forward on R, 6) Recover on L
7&8 7) 1/4 turn right stepping on R, 8) Step together with L, 8) 1/4 turn right stepping on R

(9-16) L pivot 1/2 over right shoulder, Triple L, sailor step R, sailor step L

1-2 1) step forward on L, 2) 1/2 right shifting weight on R
3&4 3) step forward with L, &) step together with R, 4) step forward with L,
5&6. 5) step R crossing behind L, &) step L in place, 6) step R together with L
7&8 7) step L crossing behind R, &) step R in place, 8) step L together with R

(17-24) Heel hook heel R, heel hook heel L, rock Hop hop 1/2 turn

1&2&. 1) Tap R heel forward, &) hitch R heel over L, 2) tap R heel forward &) step R together with L
3&4&. 3) Tap L heel forward, &) hitch L heel over R, 4) tap L heel forward &) step L together with R
5&6 5) Rock forward on R, &) recover on L 6) step R together with L
7-8 7) hop 1/4 turn right, 8) hop 1/4 turn right

(25-32) Pivot turn L 1/2, Pivot turn L 1/2, heel grind L 1/2 turn, coaster step

1-2 1) step forward L 2) 1/2 turn right keep weight on R,
3-4. 3) step forward L 4) 1/2 turn right keep weight on R
5-6. 5) step forward L heel, 6) 1/2 turn left on L heel weight transfers to RF
7&8. 7) step back with L &) step R together with L, 8) step forward with L

B: 32c

(1-8) wizard step R, heel switches L R, wizard step L 1/4 turn, heel switch R L

1-2&. 1) Step diagonal out with R, 2) step L behind R, &) step forward on R
3&4. 3) L heel touch, &) L step together with R, 4) R heel touch,
5-6&. 5) Step diagonal out with L, 6) step together with R, &) step forward with L with a 1/4 turn right
(3:00)
7&8 7) R heel touch, &) R step together with L, 8) L heel touch

(9-16) Triple step right , Full turn, L pivot turn 1/4, Cross shue L

1&2 1) step forward R, &) step together L, 2) step forward R
3-4 3) step forward L 1/2 turn right keep weight on LF, 4) swing R back 1/2 turn right transfer
weight on RF
5-6. 5) step forward L 1/4 turn right(6:00) 6) step R horizontal transfer weight on RF
7&8. 7) L cross in front of R, &) step R behind L 8) step L cross R

(17-24) Rock recover right, weave L, rock recover L, weave R

1-2. 1) rock R horizontal right, 2) recover L
3&4. 3) step R crossed behind L &) step L to left side, 4) step R crossed in front of L
5-6. 5) rock on L to the left, 6) recover on the right
7&8 7) step L crossed behind R &) step R to right side, 4) step L crossed in front of R

(25-32) R side step lock, R step lock step, R step L touch, L pivot 3/4, L coaster step

- 1-2&. 1) step R right 2) lock L behind R &) Step R right
3&4. 3) lock L behind R &) step R right 4) cross L behind R with toe tap
5-6. 5) step L left 6) 3/4 turn on LF
7&8. 7) step L backwards &) step R together with L 8) step L forward
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