

You Better Run

拍數: 64 牆數: 2 級數: Advanced
編舞者: Luke Valian Malobay (USA) & Andrew Razzano (USA) - December 2024
音樂: Runaway Baby - Bruno Mars



Start Dance after 16 Counts

[1-8] Hops, Triple step, Rock Left, Left Coaster

1-2 Hop diagonally forward on Right Foot, Hop diagonally forward on Left Foot
3&4 Right Foot forward, Left Foot forward, Right Foot forward (quick steps)
5-6 Left Foot rock forward and recover back on Right Foot
7&8 Left Foot step back, Right Foot step next to Left, Left Foot forward

[9-16] Rock Right, Two ½ turns clockwise, Drag Left, Left Coaster Step

9-10 Rock Right Foot forward and recover back on Left Foot
11-12 ½ Turn over Right shoulder stepping right foot forward, ½ Turn over Right shoulder stepping Left Foot back
13-14 Step Right Foot back and Drag Left Foot back to center
15&16 Left Foot step back, Right foot step next to Left, Left Foot step forward

[17-24] ½ Turn Paddle over Right shoulder, Triple Step Back, ½ Turn Pivot, Left Coaster

17-18 Touch and Push Right Foot out to side and pivot on Left Foot for a ½ turn over Right shoulder Touching and stopping pivot with Right Foot to side (facing 6:00)
19&20 Right Foot back, Left Foot back, Right Foot back (quick steps)
21-22 Rock Left Foot back and pivot off the foot for a ½ turn over Left shoulder recovering on right foot (facing 12:00)
23&24 Left Foot step back, Right foot step next to Left, Left Foot step forward

[25-32] Mambo Right, Mambo Left, Push off Left for 1 Spin

25-26 Push Right Foot out to side rocking but with most weight on Left Foot
27-28 Push Left Foot out to side rocking but with most weight on Right Foot
29-30 Push off Left Foot to pivot on Right Foot rotating fully (facing 12:00)
31-32 Rest Counts

[33-40] Syncopated Weave, Quarter Rock off Left Foot, Left Coaster Step

33-34 Rock Right Foot to Right Side, Recover on Left Foot
35&36 Right Foot Behind Left Foot, Left Foot to Left Side, Right Foot across Left Foot
37-38 Rock Left Foot to Left Side, Recover on Right foot stepping back as you Turn ¼ over Left shoulder
39&40 Left Foot step back, Right foot step next to Left, Left Foot step forward

[41-48] Right Foot Forward, Left Foot Forward, Rock

41-42 Step Right Foot Forward
43-44 Step Left Foot Forward
45-48 Rock Forward and Backward Twice

[49-56] Body Rolls back on Left Foot x2, Unwind and Stomp

49-50 Step Left Foot back doing body roll, Step Right Foot next to Left Foot
51-52 Step Left Foot back doing body roll
(instead of doing body rolls on Chorus, stomp on beat for counts 49-52)
53-54 Bring Right Foot back behind Left and unwind over Right shoulder doing a ¾ Turn (facing 6:00)
55-56 Stomp Left Foot, Stomp Right Foot

[57-64] "Rasputins", Spin, Nod Head

57-58 Cross Right Foot over Left Foot, Step Left Foot to Left Side, Kick Right Heel on ground
59-60 Cross Left Foot over Right Foot, Step Right Foot to Right Side, Kick Left Heel on ground
61-62 Push off Right Foot pivoting off Left Foot rotating once over Right shoulder (facing 6:00)
63-64 Nod Head Twice

(When Bruno Mars says "You better run, you better run..." Run around and restart dance with Chorus facing 12:00 wall)

Last Update: 27 Dec 2024
