

Run It

拍數: 32 牆數: 4 級數: Improver
編舞者: Jenergy (USA) & Amanda Fross (USA) - January 2025
音樂: Run It - Jelly Roll



*1 restart (6th wall – after 16 counts.)

Section 1: V Step with Claps, Locking shuffles

1&2& Step R diagonal forward, clap, Step L diagonal forward, clap
3&4& Step R back home, clap, Step L to R, clap
5 & 6 Step R forward diagonal, lock L behind R, Step R forward diagonal
7 & 8 Step L forward diagonal, lock R behind L, Step L forward diagonal

Section 2: R Rock Recover, Shuffle ½ turn R, full turn R, Shuffle forward L-R- L

1-2 Step R forward, recover weight L
3&4 Step R forward as you turn ½ R (6 o'clock), Step L to R, Step R forward
5-6 Step L-R as you make full turn
7&8 Step L forward, Step R to L, Step L forward

** Restart here on 6th wall

Section 3: ¼ Monterey turn R, Hitch R, Step R, Hitch L, Elevated Side together, L Cross & Cross

1-2 Point R to R side, turn ¼ R Hitching R knee to 9 o'clock wall
3-4 Step R to R side, Hitch L with slight cross
5-6 Step L to L side, bring R to L elevating to toes and slightly angle body R
7 & 8 Step L across R, Bring R to L, Step L across R

Section 4: Shuffle Turns L, "Run" forward R-L-R

1&2 Step R to R side, Step L to R foot, Step R to R side
3&4 Turn L (6 o'clock) as you Step L to L side, Step R to L foot, Step L to L side
5&6 Turn L (3 o'clock) as you Step R to R side, Step L to R foot, Step R to R side
7&8 Step forward L, R, L