

I Would Runaway

拍數: 96 牆數: 2 級數: Intermediate - waltz
編舞者: Heather McPhee (AUS) - February 2025
音樂: Runaway - The Corrs



Dance starts on lyrics after 24 counts, weight on the left foot.

[1-6] HEEL-HOOK-KICK, FORWARD BASIC WALTZ

1, 2, 3 Touch R heel forward, Hook R heel to L knee, Kick R forward
4, 5, 6 Step R forward, Step L beside R, Step R in place (Basic waltz)

[7-12] BACK-LOCK-BACK, BACK-DRAG-CHANGE WEIGHT

1, 2, 3 Step back on L, Lock R over L, Step back on L
4, 5, 6 Step R back on R diagonal (4.30), Drag L toe beside R keeping weight R, Drop weight onto L

[13-18] R CROSS TWINKLE, WEAVE ACROSS-SIDE-BEHIND

1, 2, 3 Cross R over L, Rock L to L side, Recover weight R
4, 5, 6 Weave stepping L across R, Step R to R side, Step L behind R

[19-24] STEP SIDE-DRAG-HOLD, STEP SIDE-ROCK BACK-RECOVER

1, 2, 3 Step R to R side, Drag L toe beside R keeping weight R, Hold
4, 5, 6 Step L to L side, Rock back on R behind L, Step L in place

[25-30] BALANCE STEP FORWARD TO RIGHT DIAGONAL, BALANCE STEP BACK SAME DIAGONAL

1, 2, 3 Step R forward to 1.30 diagonal, Step L behind R, Step R in place (keeping hips facing 12.00)
4, 5, 6 Step L back on 7.30 diagonal, Step R behind L, Step L in place (keeping hips facing 12.00)

[31-36] STEP-PENCIL TURN-TOG, STEP SIDE-DRAG-HOLD

1, 2, 3 1/4R Step R forward (3.00), 3/4 Pencil turn, Step L together beside R (12.00)
4, 5, 6 Step R to R side, Drag L toe beside R keeping weight on R, Hold

[37-42] BALANCE STEP FORWARD TO LEFT DIAGONAL, BALANCE STEP BACK SAME DIAGONAL

1, 2, 3 Step L forward to 10.30 diagonal, Step R behind L, Step L in place (keeping hips facing 12.00)
4, 5, 6 Step R back on 4.30 diagonal, Step L behind R, Step R in place (keeping hips facing 12.00)

[43-48] STEP-PENCIL TURN-TOG, STEP-SWEEP FOR 2 COUNTS

1, 2, 3 1/4L Step L forward (9.00), 3/4 Pencil turn, Step R together beside L (12.00)
4, 5, 6 ** Step L to L side, Ronde sweep R forward from R side to in front of L over 2 counts**

[49-54] CROSS-TWINKLE, CROSS-1/4-1/4

1, 2, 3 Step R across L, Rock L to L side, Recover weight R
4, 5, 6 Cross L over R, 1/4L Step R back, Step L to L side (6.00)

[55-60] CROSS-TWINKLE, CROSS-1/4-1/4

1, 2, 3 Cross R over L, Rock L to L side, Recover weight R
4, 5, 6 * Cross L over R, 1/4L Step R back, Step L to L side (12.00)*

[61-66] STEP FORWARD-DRAG-HOLD, STEP FORWARD-DRAG-HOLD

1, 2, 3 Step R forward, Drag L beside R keeping weight R, Hold
4, 5, 6 Step L forward, Drag R beside L keeping weight L, Hold

[67-72] STEP FORWARD-POINT SIDE-HOLD, STEP BACK-POINT SIDE-HOLD

1, 2, 3 Step R forward, Point L to L side, Hold
4, 5, 6 Step L back, Point R to R side, Hold

[73-78] CROSS-1/4 STEP BACK-TOG, BACK BASIC WALTZ

1, 2, 3 Step R across L, 1/4R Step L slightly back (3.00), Step R beside L
4, 5, 6 Step L back, Step R beside L, Step L in place

[79-84] FORWARD-1/4 STEP BACK-TOG, BACK BASIC WALTZ

1, 2, 3 Step R forward, 1/4R Step L slightly back (6.00), Step R beside L
4, 5, 6 Step L back, Step R beside L, Step L in place slightly forward

[85-90] STEP-POINT SIDE-HOLD, STEP-POINT SIDE-HOLD

1, 2, 3 Step R forward, Point L to L side, Hold
4, 5, 6 Step L back, Point R to R side, Hold

[91-96] CROSS-1/2 UNWIND-CHANGE WEIGHT, BACK-1/2 FORWARD-TOG

1, 2, 3 Cross R toe over L foot, 1/2L Unwind, Take weight R (12.00)
4, 5, 6 Step L back, 1/2R Step R forward (6.00), Step L beside R

Restart: On Wall 2 after 60 counts*(6.00)

Tag: On Wall 5 after 48 counts (6.00)**

TAG CROSS FORWARD-POINT SIDE-HOLD, BACK-POINT SIDE-HOLD

1, 2, 3 Cross R stepping forward over L, Point L to L side, Hold
4, 5, 6 Step L back, Point R to R side, Hold

Ending: Wall 8 after 18 counts ADD 1/4R Step R forward, Step L forward making 1/4R Pivot turn, Step L Across R (12.00)

Styling Tip: When pointing to the side on counts 67-72, 85-90 and during the Tag, Turn head to look in the direction of pointed toe. (Left and then Right)

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Please feel free to copy this sheet provided that no changes are made to the original sheet. Enjoy!
