

Run It

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Geoff Heller (USA) - February 2025
音樂: Run It - Jelly Roll



Counterclockwise around the room.

Dance starts with Weight on your Left Foot.

Note: Count approximately 15 Beats at the Start of the Song Before Beginning Dance or Start Dancing Just As Jelly Roll Begins Singing (7 Seconds into the Start of the Song).

[1-8] Rock Right, Recover Left; Left Behind Side Cross; Rock Left, Recover Right; Right Behind Side Cross;

1,2 Side Rock Right, Side Rock Left;
3&4 Right Behind, Left to the Side, Right Cross Over Left;
5,6 Side Rock Left, Side Rock Right;
7&8 Left Behind, Right to the Side, Left Cross Over Right;

[9-16] Rock Forward; Rock Back; Step ½ Turn; Step ½ Turn;

1,2 Rock Forward on your Right, Recover Weight on your Left;
3,4 Rock Back on your Right, Recover Weight on your Left;
5,6 Step Forward on your Right, ½ Turn over your Left Shoulder;
7,8 Step Forward on your Right, ½ Turn over your Left Shoulder;

[17-24] Vine to the Right; Vine to the Left with a ¼ Turn Scuff;

1,2 Step Out with your Right, Step Behind with your Left,
3,4 Step Out with your Right, Touch Left Next to Right;
5,6 Step Out with your Left, Step Behind with your Right,
7,8 Step Out with your Left making a ¼ Turn over your Left Shoulder, Scuff Right;

[25-32] V-Step; Step Right, Touch Left; Step Left Touch Right;

1,2 Step Out Diagonally with your Right, Step Out Diagonally with your Left;
3,4 Step In Diagonally with your Right, Step In Diagonally with your Left;
5,6 Step to the Right, Touch Left Next to Right;
7,8 Step to the Left, Touch Right Next to Left;

Start Over from Beginning (No Tags or Restarts)

For Those More Advanced Dancers: Turn the “Vine to the Left with a ¼ Turn Scuff” (Steps 21 - 24) into a “Rolling Vine to the Left with a ¼ Turn Scuff” and Turn the “Step Right, Touch Left; Step Left Touch Right” (Steps 29 – 32) into “Side, Together, Cross (Right); Side, Together, Cross (Left)”.

Last Update: 20 Feb 2025