

Know When To Run

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marion Winfield (UK)
音樂: The Gambler - Kenny Rogers



WALK, WALK, HEEL & STEP, POINT, ¼ TURN HITCH, RIGHT SHUFFLE FORWARD

1-2 Walk forward on right, left
3&4 Tap right heel forward, step right in place, step left forward
&5 Step left beside right, point right toe to right side
6 Pivot ½ turn to right, hitching right heel across in front left leg
7&8 Step right forward, close left beside right, step right forward

STEP ½ TURN, WALK, WALK, LEFT SHUFFLE FORWARD & STEP, STEP

9-10 Step left forward, pivot ½ turn right
11-12 Walk forward left, right
13&14 Step left forward, close right beside left, step left forward
&15-16 Step right forward, step left forward, step right forward

These last 3 steps should look as if you're running to tie in with the words of the song

ROCK RECOVER, ¼ TURN LEFT SHUFFLE, CROSS SHUFFLE, ¼ RIGHT TURN STEP

17-18 Rock forward on left, rock back onto right
19&20 Step left ¼ turn left, close right beside left, step left to left side
21&22 Cross right over left, step left to left side, cross right over left
23-24 Pivot ¼ right, stepping back on left, step right to right side

CROSS ROCK, SAILOR STEP, ¼ TURN RIGHT, KICK BALL CHANGE

25-26 Rock left over right, recover weight onto right
27&28 Cross left behind right, step right in place, step left to left side

Option:

27&28 Make a triple full turn to left stepping - left, right, left
29-30 Step right forward, pivot ¼ turn to left
31&32 Kick right forward, step right beside left, step left in place

REPEAT

TAG

At end of wall 2

1-2 Rock right to right side, recover weight onto left

RESTART

On wall 4, dance counts 1-6 (up to the ½ turn hitch) only then restart the dance from beginning