

# 9 Mile Run

拍數: 100      牆數: 4      級數:  
編舞者: Allan Burr (AUS) & Karen Burr (AUS)  
音樂: 9 Mile Run - Tania Kernaghan



## RIGHT FORWARD, RIGHT SIDE & LEFT TO SIDE & RIGHT HITCH

1-2      Touch right toe forward, touch right toe to right side  
&3      Jump right to neutral & left to left side  
&4      Jump left to neutral & hitch right slightly

## SCUFF RIGHT, HOP TO RIGHT ON LEFT, STOMP RIGHT, STOMP LEFT

1-2      Scuff right through neutral, hop to right side on left foot  
While hopping to right drop left shoulder & turn head to the right  
3-4      Stomp right, stomp left

## RIGHT FORWARD, RIGHT SIDE & LEFT TO SIDE & RIGHT HITCH

1-2      Touch right toe forward, touch right toe to right side  
&3      Jump right to neutral & left to left side  
&4      Jump left to neutral & hitch right slightly

## SCUFF RIGHT, HOP TO RIGHT ON LEFT, RIGHT-LEFT-RIGHT

1-2      Scuff right through neutral, hop to right side on left foot  
While hopping to right drop left shoulder & turn head to the right  
3&4      Shuffle in place right-left-right (taking weight on right foot)

## FULL TURNING VINE FULL TURN LEFT & SCUFF RIGHT FORWARD

1-4      Turn left, turn right, turn left, scuff right forward

## FULL TURN TURNING SHUFFLE FORWARD

1&2      Shuffle forward right-left-right turning ½ turn left  
3&4      Shuffle back left-right-left turning ½ turn left

1-2      Rock forward on right, rock back on left

## TURNING 1 ½ TURNS BACK TO RIGHT, JUMP TOGETHER

1      Step back on right turning ½ turn right  
2      Step forward on left turning ½ turn right  
3      Step back on right turning ½ turn right  
4      Jump forward on right bringing left to neutral

## JUMP APART, JUMP RIGHT ACROSS, ½ turn LEFT, CLAP

1-2      Jump both feet apart, jump to cross right over left  
3-4      Turn ½ turn to left (take weight on left), clap

## RIGHT HEEL STRUT, LEFT HEEL STRUT, TOE HEEL STRUT, LEFT HEEL STRUT

1-2      Step right heel forward, lower right toes to floor  
3-4      Step left heel forward, lower left toes to floor  
5-6      Step right heel forward, lower right toes to floor  
7-8      Step left heel forward, lower left toes to floor

## TRAVELING BACK, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP BACK LEFT, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP TOGETHER

- 1-2 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 3-4 Touch left heel at 45 degrees (upper body facing 45 degrees left), step back on left
- 5-6 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 7-8 Touch left heel at 45 degrees (upper body facing 45 degrees left), step left together

**MONTEREY TURN, TOUCH, TOGETHER**

- 1-2 Touch right toe to right side, turn ½ turn right stepping right together
- 3-4 Touch left toe to left side, step left together

**RIGHT HEEL STRUT, LEFT HEEL STRUT, RIGHT HEEL STRUT, LEFT HEEL STRUT**

- 1-2 Step right heel forward, lower right toe to floor
- 3-4 Step left heel forward, lower left toe to floor
- 5-6 Step right heel forward, lower right toe to floor
- 7-8 Step left heel forward, lower left toe to floor

**TRAVELING BACK, RIGHT 45, STEP BACK RIGHT, LEFT 45, STEP BACK LEFT, RIGHT 45, STEP BACK RIGHT, LEFT 45, HOLD FOR 1 BEAT**

- 1-2 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 3-4 Touch left heel at 45 degrees (upper body facing 45 degrees left), step back on left
- 5-6 Touch right heel at 45 degrees (upper body facing 45 degrees right), step back on right
- 7-8 Touch left heel at 45 degrees (upper body facing 45 degrees left), hold 1 beat

**CROSS LEFT, HOLD, TURN ½ RIGHT, HOLD, TWIST TOES, HOLD, TWIST LEFT HEEL, HOLD**

- 1-2 Cross left over right, hold for 1 beat
- 3-4 Turn ½ turn right-twisting both heels left, hold for 1 beat
- 5-6 Twist both toes left, hold for 1 beat
- 7-8 Twist left heel left, hold for 1 beat

**Feet ending slightly apart-toes pointing in, heels pointing out**

**TRAVELING LEFT-JUMP TOES OUT, JUMP TOES IN, JUMP TOES OUT, JUMP FEET TOGETHER**

- 1 Jump turning to the left both toes out & both heels in
- 2 Jump turning to the left both toes in & both heels out
- 3 Jump turning to the left both toes out & both heels in
- 4 Jump to the left with feet together taking weight on right

**Above 4 steps are done with weight on both balls of feet with knees slightly bent**

**CROSS LEFT, HOLD, TURN ½ RIGHT, HOLD, TWIST TOES, HOLD, TWIST LEFT HEEL, HOLD**

- 1-2 Cross left over right, hold for 1 beat
- 3-4 Turn ½ turn right-twisting both heels left, hold for 1 beat
- 5-6 Twist both toes left, hold for 1 beat
- 7-8 Twist left heel left, hold for 1 beat

**Feet ending slightly apart-toes pointing in, heels pointing out**

**TRAVELING LEFT-JUMP TOES OUT, JUMP TOES IN, JUMP TOES OUT, JUMP FEET TOGETHER**

- 1 Jump turning to the left both toes out & both heels in
- 2 Jump turning to the left both toes in & both heels out
- 3 Jump turning to the left both toes out & both heels in
- 4 Jump to the left with feet together taking weight on left

**Above 4 steps are done with weight on both balls of feet with knees slightly bent**

**TAP RIGHT, HITCH RIGHT/HOP BACK LEFT, TAP RIGHT, HITCH RIGHT/HOP BACK & TURN ¼ TURN RIGHT ON LEFT, STOMP RIGHT, STOMP LEFT**

- 1-2 Tap right toe next to left, at the same time hitching right leg hop back on left
- 3-4 Tap right toe next to left, at the same time hitching right leg hop back on left foot turning ¼ turn right

- 5 Stomp right foot
- 6 Stomp left foot (weight ending on left foot)

**REPEAT**

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