

Now I Run

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Mitchell Burgess (AUS) & Linda Burgess (AUS)
音樂: Now I Run - Shannon Noll



STEP LOCK STEP, PIVOT ½, STEP, STEP LOCK STEP, PIVOT ½, STEP

- 1&2-3&4 Step forward right, lock/step left behind right, step forward right, step forward left, pivot ½ turn right, step forward left
- 5&6-7&8 Step forward right, lock/step left behind right, step forward right, step forward left, pivot ½ turn right, step forward left

SIDE ROCK, REPLACE, CROSS, SIDE, BEHIND, SIDE, FORWARD ROCK/REPLACE, STEP BACK, STEP BACK, TOUCH UNWIND

- 1&2-3&4 Rock/step right to right, replace weight to left, cross/step right over left, step left to left, cross/step right behind left, step left to left
- 5&6&7-8 Rock/step forward right to face left 45, replace weight to left, step back right, step back slightly on left, touch right over left & unwind left to face 12:00 (weight left)

FORWARD ROCK/REPLACE, ½ TURN STEP FORWARD, STEP PIVOT ¼, CROSS, SIDE CROSS, SIDE ROCK/REPLACE, CROSS, ¼ BACK, ¼ SIDE, SKATE, SKATE, SKATE

- 1&2-3&4&5 Rock/step forward right, replace weight to left, turn ½ right & step forward right, step forward left, pivot ¼ right (weight right), cross/step left over right, step right to right, cross/step left over right
- 6-7-8&1 Rock/step right to right, replace weight to left, cross/step right over left, turn ¼ right & step back left, turn ¼ right & step right to right
- 2-3-4 Skate forward left, right, left

Restart from here on wall 1

FORWARD ROCK/REPLACE, STEP BACK, LEFT COASTER CROSS

- 5&6-7&8 Rock/step forward right, replace weight to left, step back right, step back left, step right beside left, cross/step left over right

Restart from here on wall 6

SIDE ROCK/REPLACE, CROSS, ¼ BACK, ¼ SIDE, CROSS, SIDE ROCK/REPLACE, CROSS ¼ BACK, ¼ SIDE, CROSS

- 1&2-3&4 Rock/step right to right, replace weight to left, cross/step right over left, turn ¼ right & step back left, turn ¼ right & step right to right, cross/step left over right
- 5&6-7&8 Rock/step right to right, replace weight to left, cross/step right over left, turn ¼ right & step back left, turn ¼ right & step right to right, cross/step left over right

REPEAT

TAG

End of wall 3 (facing 9:00)

- 1&2-3&4 Rock/step forward right, replace weight to left, step back right, shuffle back left, right, left
- 5-6&7-8 Touch right toe back, pivot ½ turn right (keeping weight back on left), step back right, touch left back, pivot ½ turn left (weight to left)
- 1&2-3&4 Step forward right, step left beside right, step back right (forward coaster), step back left, step right beside left, step forward left. (coaster)

Restart

On wall 1 after count 28, restart facing 3:00

On wall 6 after count 32, restart facing 6:00

