

On The Run

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Glennys Croston (UK)
音樂: Gloria - Laura Branigan



KICK, KICK, COASTER STEP, PIVOT HALF TURN, PIVOT HALF TURN

1-2 Right kick, kick
3&4 Right coaster step
5-6-7-8 Step forward left, pivot half turn right and step forward left pivot half turn right

KICK, KICK, COASTER STEP, PIVOT HALF TURN, PIVOT HALF TURN

9-16 Repeat above steps with left foot

WEAVE TO RIGHT, ROCK RIGHT, RECOVER QUARTER TURN LEFT, RIGHT, SHUFFLE FORWARD

17-18-19-20 Step right to side, left behind right, right to side, cross left over right
21-22 Rock right recover on left with quarter turn left
23&24 Right shuffle forward

HEEL SWITCHES AND CLAP, RIGHT SHUFFLE FORWARD, PIVOT HALF TURN

25&26 Left heel and right heel
&27-28 And left heel clap
&29&30 Right shuffle forward
31-32 Step forward on left, pivot half right

HEEL SWITCHES CLAP, AND RIGHT SHUFFLE FORWARD, ROCK FORWARD ON LEFT AND RECOVER

33&34 Left heel and right heel
&35-36 And left heel clap
&37&38 And right shuffle forward
39-40 Rock forward on left, recover on right

HALF TURN TRIPLE STEP TO LEFT, SIDE BEHIND RIGHT CHASSE, CROSS ROCK LEFT OVER RIGHT RECOVER

41&42 Half turn triple, step to left
43-44 Step right to side, left behind
45&46 Chasse to right
47-48 Cross rock left over right, recover

LEFT CHASSE, CROSS ROCK RIGHT OVER LEFT, RECOVER, QUARTER TURN RIGHT, TRIPLE STEP, ROCK AND RECOVER

49&50 Left chasse
51-52 Cross rock, right over left, recover
53&54 Quarter turn right, triple step
55-56 Rock forward on left, recover

ROCK LEFT RECOVER ON RIGHT, COASTER STEP, STEP HOLD, CLAP, HALF TRIPLE STEP LEFT

57-58 Rock left side, recover on right
59&60 Left coaster step
61-62 Step right, hold, clap
63&64 Half triple step left

REPEAT

BRIDGE

Beginning of fourth wall do first 16 counts of dance then bridge:

- 1-2 Step forward right, hold
- 3-4 Forward left, hold
- 5&6-7&8 Right kick ball change twice

- 9&10-11-12 Right shuffle forward, step half turn right
- 13&14-15&16 Left kick ball change twice

- 17&18-19-20 Left shuffle forward, step half turn left
- 21&22-23-24 Right shuffle forward, step half turn right

- 25&26-27-28 Left shuffle forward, step half turn left
- 29-30-31-32 Right toe strut forward, left toe strut forward
- 33-34-35-36 Right toe strut forward, left toe strut forward

FINISH

Facing home wall

- 1-4 Touch right to side, step forward, touch left to side, step forward
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