

River Run

拍數: 58 牆數: 4 級數: Intermediate/Advanced
編舞者: Nancy Van Haeken (BEL)
音樂: Tennessee River Run - Darryl Worley



SAILOR STEP, SAILOR STEP, STOMP TWICE, TOE FANS RIGHT-LEFT

1&2& Right foot step back, left foot step to side, right foot step to side, left foot step back
3&4& Right foot step to side, left foot step to side, stomp next to left foot, right foot stomp forward
5&6 Right foot turn toes right-left-right
&7&8 Left foot stomp forward, left foot turn toes left-right-left

ROCKING CHAIR, STEP, HITCH, ½ TURN, KICK, COASTER STEP, STEP, LOCK STEP

1&2& Right foot step forward, weight back on left foot, right foot step back, weight back on left foot
3&4& Right foot step forward, left foot hitch, left foot step back ½ turn right, right foot kick forward
5&6& Right foot step back, left foot step next to, right foot step forward, left foot step forward
7&8 Right foot step forward, left foot step behind, right foot step forward

ROCKING CHAIR, STEP, HITCH, ½ TURN, KICK, COASTER STEP, STEP, LOCK STEP

1&2& Left foot step forward, weight back on right foot, left foot step back, weight back on right foot
3&4& Left foot step forward, right foot hitch, right foot step back ½ turn left, left foot kick forward
5&6& Left foot step back, right foot step next to, left foot step forward, right foot step forward
7&8 Left foot step forward, right foot step behind, left foot step forward

HEEL, HOOK, HEEL, SIDE, APPLE JACKS, HEEL, HOOK, HEEL, SIDE, APPLE JACKS

1&2& Right foot heel touch forward, right toe touch in front of left foot, right foot heel touch forward, right foot step next to left foot
3&4& On weight of left heel & weight on right toes, bring heels together, back to center on weight of right heel & weight on left toes, bring heels together, back to center, repeat, starting with left foot

BUTTERFLIES, KICK TWICE, BACK ROCK, KICK TWICE, BACK ROCK, SIDE STEP, STOMP TWICE

1&2& (Moving to the left) toe split, heel split, toe split, heel split
3&4& Right foot kick twice forward, right foot step back, weight back on left foot
5&6& Right foot kick twice forward, right foot step back, weight back on left foot
7&8 Right foot jump to right side, left foot stomp twice next to right foot

BUTTERFLIES, KICK TWICE, BACK ROCK, KICK TWICE, BACK ROCK, SIDE STEP, STOMP TWICE

1&2& (Moving to the left) toe split, heel split, toe split, heel split
3&4& Right foot kick twice forward, right foot step back, weight back on left foot
5&6& Right foot kick twice forward, right foot step back, weight back on left foot
7&8 Right foot jump to right side, left foot stomp twice next to right foot

SIDE SHUFFLE, SCUFF ½ TURN, SIDE SHUFFLE, SCUFF ½ TURN, SIDE SHUFFLE, SWEEP, SAILOR STEP ¼ TURN

1&2& Left foot step to side, right foot step next to, left foot step to side, right foot scuff with ½ turn left
3&4& Right foot step to side, left foot step next to, right foot step to side, left foot scuff with ½ turn right
5&6& Left foot step to side, right foot step next to, left foot step to side, right foot sweep back
7&8 Right foot step back ¼ turn right, left foot step next to, right foot step forward

LOCK STEPS FORWARD WITH SCUFFS, MAMBO ROCK FORWARD

1&2& Left foot step forward, right foot step behind, left foot step forward, right foot scuff
3&4& Right foot step forward, left foot step behind, right foot step forward, left foot scuff
5&6 Left foot step forward, weight back on right foot, left foot step back

REPEAT

TAG

On 3rd wall. Start dance, after count 34 &, add 2 counts (moving to the left: butterflies)

1&2& Toe split, heel split, toe split, heel split)

Then start dancing again from beginning
