

Run Around

拍數: 48 牆數: 4 級數:
編舞者: Lisa Austin
音樂: Super Love - Exile



WEAVE RIGHT, SYNCOPATED WEAVE RIGHT, TOUCH

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Step to the right on right foot
- 4 Cross left foot over right and step
- & Step to the right on right foot
- 5 Cross left foot behind right and step
- & Step to the right on right foot
- 6 Cross right foot over left and step
- 7 Step to the right on right foot
- 8 Touch left foot next to right

ROLLING TURN LEFT, ROLLING TURN RIGHT, HOP

- 9 Step to the left on left foot and begin a full turn to the left traveling to the left
- 10 Step on right foot and continue full traveling turn to the left
- 11 Step on left foot and complete full traveling turn to the left
- 12 Step to the right on right foot turning foot to the right with the step
- 13 Step on left foot and begin a full turn to the right traveling to the right
- 14 Step on right foot and continue full traveling turn to the right
- 15 Step on left foot and complete full traveling turn to the right
- 16 Hop both feet together

HOPS, KNEE LIFTS, WALK BACK, COASTER STEP

- 17 Step back on right foot
- & Hop on right foot while lifting left knee
- 18 Step back on left foot
- & Hop on left foot while lifting right knee
- 19 Step back on right foot
- & Hop on right foot while lifting left knee
- 20 Step back on left foot
- 21 Walk back on right foot
- 22 Walk back on left foot
- 23 Step back on right foot
- & Step left foot next to right
- 24 Step forward on right foot

STEP, SCHOTTISCHE KICKS, ROCK STEPS, STEP, SCHOTTISCHE KICK

- 25 Step forward on left foot
- 26 Kick right foot forward keeping knee fairly straight
- 27 Step forward on right foot
- 28 Kick left foot forward keeping knee fairly straight
- 29 Step back on left foot
- 30 Step back on right foot
- 31 Rock forward onto left foot
- 32 Kick right foot forward keeping knee fairly straight

MILITARY PIVOTS TO THE LEFT, SYNCOPATED HOPS, HOLDS

- 33 Step forward on right foot
- 34 Pivot $\frac{1}{2}$ turn to the left on right foot and shift weight to left foot
- 35-36 Repeat beats 33-34
- & Hop forward onto right foot
- 37 Place left foot next to right (no weight)
- 38 Hold
- & Hop back onto left foot
- 39 Step right foot next to left
- 40 Hold

SIDE STEP-SLIDES, $\frac{3}{4}$ TURN TO THE LEFT, HITCH

- 41 Step to the left on left foot
- 42 Slide right foot next to left
- 43-44 Repeat beats 41-42
- 45 Step to the left on left foot and begin a $\frac{3}{4}$ turn to the left in place
- 46 Step right foot over left and continue $\frac{3}{4}$ turn to the left
- 47 Step on left foot and complete $\frac{3}{4}$ turn to the left
- 48 Hitch right knee

REPEAT
