

# Run It

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Matthew Oakley (UK)  
音樂: Run It! - Chris Brown



- &1 Brush right foot across and in front of left foot, cross right foot over left  
&2 Brush left foot to left side, step left foot to left side  
&3 Brush right foot across and in front of left foot, cross right foot over left  
&4 Brush left foot to left side, turn  $\frac{1}{4}$  left and rock forward onto left foot  
5-6 Recover weight back to right foot, step left foot back  
&7 Step right foot back, turn  $\frac{1}{2}$  left, step left foot forward  
&8 Turn  $\frac{1}{4}$  left, brush right foot to right side, step right foot to right side
- &1 Touch left foot to right, step left foot to left side  
&2 Touch right foot to left, step right foot to right side  
&3 Touch left foot to right, rock left foot to left side  
&4 Quickly switch weight to right foot, step left foot to right  
&5 Step right foot to right side, swivel right heel to right side  
&6 Swivel right heel to center, swivel right heel to right side  
&7 Jump cross right foot over left, jump feet apart  
&8 Draw right foot into left, hitch right knee across body
- &1 Step ball of right foot down to right side, step left foot to left side  
2 Jump right foot to left foot, swing left foot out to left side  
3&4 Swing left foot back to right foot, switch and swing right foot to right side, hop right foot next to left, hitch left knee, step left foot to left side  
5&6 Cross right foot behind left foot, step left foot slightly to left side, step right foot to right side  
7&8 Cross left foot behind right, unwind  $\frac{3}{4}$  right, jump feet apart
- &1 Pop right shoulder forward and up, bring back to center  
&2 Pop left shoulder forward and up, bring back to center  
&3 Pop right shoulder forward and up, bring back to center  
&4 Pop right shoulder forward and up, bring back to center  
&5 Jump left foot under body, cross right foot across left knee, jump feet out  
&6 Hop onto left foot, kick right foot back to right diagonal, hop on left foot, kick right foot forward and across body  
&7 Hop on left foot, kick right foot back to right diagonal, hop on left foot, kick right foot forward and across body  
&8 Step ball of right foot to right side, step left foot to left side

**REPEAT**

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