

Run Llama Run

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Anita Ludlow (UK)
音樂: Run Llama Run - John Debney



Sequence: AAA, A(1-28), two more toe struts, A to end

PART A

STEP DRAGS TWICE

- 1-4 Big step back on right to right diagonal, drag left to meet right, (2 counts) step small step back on left, step right next to left
- 5-8 Big step back on left to left diagonal, drag right to meet left, (2 counts) step small step back on right, step left next to right

TOUCH FRONT/BACK,, STEP, LOCK, STEP, HOLD

- 9-12 Touch right foot forward, hold for one count, touch right foot back, hold for one count
- 13-16 Step right foot forward, step left behind right, step right foot forward, hold for one count

CROSS TOE STRUT, BACK TOE STRUT, QTR TURN CHASSE STEP

- 17-20 Cross left toe over right foot, drop left heel (2 counts) step right toe back, drop right heel, (2 counts)
- 21-24 Qtr turn left and step left to left side, step right next to left, step left to left side, hold one count

CROSS TOE STRUT, BACK TOE STRUT, CHASSE STEP TO RIGHT SIDE

- 25-28 Cross right toe over left foot, drop right heel (2 counts) step left toe back, drop left heel (2 counts)
- 29-32 Step right to right side, step left next to right, step right to right side, hold for one count

CHARLESTON STEP

- 33-36 Step forward on left, hold one count, kick right leg forward, hold one count
- 37-40 Step back on right, hold one count, step left next to right, step slightly forward on right

4 X TOE STRUTS IN PLACE

- 41-44 Tap left toe in place, step weight onto left, tap right toe in place, step weight onto right (body slightly bent and hands should be palms down in front waist height, pulsing to the tempo)
- 45-48 Repeat as above four counts

SKATE STEPS TO THE LEFT/RIGHT/LEFT TOUCH RIGHT

- 49-52 Push left diagonal left, hold one count, push right diagonal right, hold one count
- 53-56 Push left diagonal left, hold one count, touch right toe next to left (right knee bent across left leg)

4 X HIP BUMPS (CLICK FINGERS ON RIGHT HAND X 4)

- 57-60 Maintain the above position (count 56) and bump right hip to right, back center (2 counts) to the right, back center (2 counts)
- 61-64 Repeat as above (weight remains on left)

REPEAT