

# Run This!

拍數: 104      牆數: 1      級數: Advanced hip hop  
編舞者: Paul McAdam (UK)  
音樂: We Run This - Missy Elliott : (Clean Edit)



Start dance after Missy says the words "Lemme switch up the game"

## STEP RIGHT, HEEL TWIST, ¼ TURN WITH ISOLATED DIPS, STEP BACK, LOOK, BALL, WALK, WALK

1&2      Step forward on right (right leg bent), twist right heel out to side, return heel to center  
&      Make ¼ turn left stepping left next to right (3:00)  
3      Step right to right side bending both knees and isolate upper body to right  
4      Rock weight onto left foot bending knees and isolating upper body to left  
5-6      Step back on right foot, head looks to front wall  
&7-8      Step left next to right, walk forward on right, walk forward on left

## RIGHT MAMBO FORWARD, LEFT MAMBO BACK, SYNCOPATED MAMBOS RIGHT & LEFT

1&2&      Rock forward on right, recover weight onto left, step right next to left, kick left foot forward  
3&4&      Rock back on left, recover weight onto right, step left next to right, kick right foot forward  
5&6      Rock right to right side, recover weight onto left, step right next to left  
&7      Rock left to left side, recover weight onto right  
&8      Step left next to right, step forward on right

## ¼ TURN LEFT STEPPING LEFT, TOE SWITCHES, STEP BEHIND UNWIND ½ TURN LEFT

a1-2      Make ¼ turn left on ball of right as you hitch left knee (a) and step left to left side, hold (2)  
&3      Step right next to left, touch left to left side  
&4      Step left next to right, step right to right side  
5-6      Step left behind right, hold (6)  
7-8      Unwind ½ turn left (leaving head looking to back wall), look to front (8)

## STEP LEFT TOUCH RIGHT, STEP RIGHT TOUCH LEFT, FULL TURN LEFT DOING 4 WALKS IN CIRCLE

1-2      Step left to left side, touch right behind left  
3-4      Step right to right side, touch left behind right  
5-8      Make full turn left (round in a circle) as you do four walks, left, right, left, right

## STEP LOWER, HOLD, TWIST HEELS

1      Step forward on left foot (heavy step like a stomp, upper body drops lower with hunched back) head looks to 3:00 wall  
2      Hold  
3-4      Twist right heel to left (towards left heel) making ¼ turn left, twist left heel to left making ¼ turn left  
5-6      Step forward on left foot to left diagonal, hold a count  
7&8      Cross right behind left, step left next to right, step right to right side  
&      Step left next to right

## STEP TOUCH, ¼ TURN TOUCH X3

1-2      Step right to right side, touch left toe next to right  
3-4      Make a ¼ turn left and step left foot to left side, touch right toe next to left  
5-6      Make a ¼ turn left and step right foot to right side, touch left toe next to right  
7-8      Make a ¼ turn left and step left foot to left side, touch right toe next to left

## TOUCH HOLD, & SWITCH & SWITCH & TOUCH HOLD & SWITCH & SWITCH

1-2      Touch right toe forward (upper body goes left), hold

- &3 Step right next to left, touch left toe next to right(upper body goes right)
- &4 Step left next to right, touch right toe next to left (upper body goes left)
- &5 Step right next to left, touch left toe forward (upper body goes right)
- 6 Hold
- &7 Step left next to right, touch right toe next to left (upper body goes left)
- &8 Step right toe next to left, touch left toe next to right foot(upper body goes right)

**Styling note: this step is done quite strong, almost with popping action on each down beat**

### **WIZARD OF OZ STEPS WITH ½ AND ¼ TURNS**

- &1-2 Step down on left foot, step right foot to right diagonal, lock left foot behind right foot
- &3-4 Step right foot slightly to right side, step left foot to left diagonal, lock left foot behind right foot
- &5-6 Make a ½ turn right and step slightly back on left foot, step right foot to right diagonal, lock left foot behind right foot
- &7-8& Step right foot slightly to right side, step left foot to left diagonal, lock right foot behind left foot, make a ¼ turn and right and step left foot slightly to left side

### **STEP TOUCH X3 WITH SHOULDER SHRUGS, RUN BACK LEFT, RIGHT, LEFT**

- 1-2 Step right foot to right diagonal, touch left toe next to right (while shrugging shoulders up, down, up, down, up, down on the counts 1&2&)
- 3-4 Step left foot to left diagonal, touch right toe next to left (repeat shoulders as above)
- 5-6 Step right foot to right diagonal, touch left toe next to right (repeat shoulders as above)
- 7&8 Step back quite a heavy step with left foot to left diagonal, step back to right diagonal, step back to left diagonal

### **PUSH, DROP, HEELS, TOES, HEELS, SHAKE, BALL STEP, TOUCH**

- 1-2 Pushing up through left foot, pick right foot off the floor, step right foot heavy step down back to right diagonal
- 3&4 Bringing left foot to right foot and making a ¼ turn right, swivel left toes in, left heel in, left toes in
- 5&6 Keeping weight on right foot, shake hips as fast as you can
- &7-8 Step back on ball of left foot, step right foot to right diagonal, touch left toe behind right heel

**On the touch behind you can tip your hat at the back of your head as it hits music**

### **COASTER STEPS WITH TURNS**

- 1&2 Step back on left (rising up on toes), step right next to left (rising up on toes), step forward on left (lowering back down foot)
- 3&4 Cross right behind left, make a ½ turn right step left next to right, step right foot forward
- 5&6 Cross left foot behind right foot, step right foot next to left, step left foot forward
- 7-8 Make ½ turn right (on ball of left) stepping forward on right, make ½ turn right stepping back on left

### **RIGHT SAILOR, SKATE LEFT, RIGHT, LEFT SAILOR, SKATE RIGHT, LEFT**

- 1&2 Cross right behind left, step left next to right, step right to right side
- 3-4 Skate forward on left, skate forward on right
- 5&6 Cross left behind right, step right next to left, step left to left
- 7-8 Skate forward on right, skate forward on left

### **DIAGONAL STEP RIGHT, ROLL SHOULDERS, DIAGONAL STEP LEFT ROLL SHOULDERS**

- 1-2 Step right foot forward towards right diagonal, touch left toe next to right
- 3-4 Roll both shoulders forward twice
- 5-6 Step left foot forward towards left diagonal, touch right toe next to left
- 7-8 Roll both shoulders forward twice

**REPEAT**

## **RESTART**

**After you finish the sailor steps and skates on the 3rd wall, restart the dance**

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