

Runaround J

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Helen O'Malley (IRE) & Ed Lawton (UK)
音樂: Runaround Sue - Dion



TOE STRUTS FORWARD, BACK ROCK, STEP, STEP TOGETHER

- 1 Step right toe forward, slightly right
- 2 Drop right heel taking weight
- 3 Step left toe forward, slightly left
- 4 Drop left heel taking weight
- 5 Rock back on right
- 6 Rock forward onto left
- 7 Step right to right side
- 8 Step left beside right

RAMBLE RIGHT WITH KICK, RAMBLE LEFT WITH KICK

- 9 Swivel heels to right
- 10 Swivel toes to right
- 11 Swivel heels to right
- 12 Kick left diagonally forward left
- 13 Step left beside right swiveling heels to left
- 14 Swivel toes to left
- 15 Swivel heels to left
- 16 Kick right diagonally forward right

SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK WITH ¼ TURN, SHUFFLE

- 17 Rock right to right side
- 18 Rock weight onto left in place
- 19&20 Cross right over left, step left to left side, cross right over left
- 21 Rock left to left side
- 22 Rock right onto right making ¼ turn right
- 23&24 Step forward left, close right beside left, step forward left

JUMPS FORWARD & BACK WITH CLAPS, JAZZ BOX WITH ¼ TURN

- &25 Jump forward with feet slightly apart, stepping-right, left
- 26 Clap hands in front of body
- &27 Jump back with feet slightly apart, stepping-right, left
- 28 Clap hands behind body
- 29 Cross right over left
- 30 Step back left
- 31 Step right ½ turn right
- 32 Step left beside right

REPEAT
