

Runaround Sue

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Cosenza (USA) & Glen Pospieszny (USA)
音樂: Runaround Sue - Leif Garrett



STEP RIGHT LOCK STEP, STEP LEFT LOCK STEP, KICK & TOUCH, SHUFFLE LEFT, RIGHT, LEFT

1&2 Step right (diagonally), lock left behind, step right (diagonally)
3&4 Step left (diagonally), lock right behind, step left (diagonally)
5&6 Kick right, recover weight onto right, touch left toe back
7&8 Shuffle forward left, right, left

CROSSOVER RIGHT STEP BACK, CROSSOVER LEFT STEP SIDE RIGHT

1-2 Cross right over left (body angled diagonally left and moving back), step back left
&3 Facing front, step side right, cross left over right
4 Step side right

KNEE BENDS LEFT, HANDS UP AND DOWN TWICE

5 Bend knees to the left and raise hands up diagonally over right shoulder (finger snap optional)
6 Stand up and lower hands
7-8 Repeat steps 5-6

SYNCOPATED KICK AND STEP BACKS

1 Kick right out (slightly over left)
&2& Moving slightly back step down right (in front of) left, step back left, step back right
3 Kick left out (slightly over right)
&4& Moving slightly back step down left (in front of) right, step back right, step back left
5-8 Repeat steps 1-4

Style note: keep the steps small and stay on the balls of your feet

Easier alternative

1 Moving slightly back kick forward right
&2 Step on right & touch side left
3 Kick forward left
&4 Step on left & touch side right
5-8 Repeat 1-4

RIGHT POINT HOLD, RIGHT ¼ TURN POINT AND HOLD, RUNNING MAN

1 Point right to right side
2 Hold
& Hitch right as you make ¼ turn to right
3 Point right to right side
4 Hold
&5& Scoot left back slightly, step forward right, scoot back on right
6& Step forward left, scoot back on left
7& Step forward right, scoot back on right
8 Step forward left

Easier alternative: for those having problem with the "running man" on counts 5-8, you can simply march in place right, left, right and step forward left

Optional hand movement: during sections when the vocals state "Keep away from Runaround Sue", on count 3 put right hand out in "stop" position

REPEAT

