

Runaway

拍數: 40 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Runaway - Gary Allan



This dance does NOT work with the original version by Del Shannon.

FORWARD SHUFFLE, 2X SIDE STEPS, 'ELVIS' KNEES (ON THE SPOT)

1&2 Step left foot forward, close right foot behind left, step left foot forward
3-4 Step right foot to right side, step left foot to left side
5-6 Bend right knee inwards, straightening right knee-bend left knee inwards
7-8 Straightening left knee-bend right knee inwards, straightening right knee-bend left knee inwards

At the end of count 8 you should still be facing 12:00

CROSS STEP, UNWIND ½ TURN LEFT, FOOT & TOE SWITCH, FORWARD TOE-HEEL STRUTS

9-10 Straightening left knee-cross step right foot over left, unwind ½ left
11&12 Touch left heel forward, step left foot next to right, touch right heel forward
&13 Step right foot next to left, touch left toe forward
14 Drop left heel to floor
15-16 Touch right toe forward, drop right heel to floor

At the end of count 16 you should be facing 6:00

SIDE TOE TOUCH, SYNCOPATED SIDE TOE TOUCH WITH ½ TURNS, ¼ TURN LEFT, COASTER STEP

17&18 Touch left toe to left side, turning ½ left step left foot next to right, touch right toe to right side
&19 Turning ½ right step right foot next to left, touch left foot to left side
20&21 Cross step left foot over right, step right foot behind left, cross step left foot over right
22 Turning ¼ left step back onto right foot,
23-24 Step back onto left foot, step right foot next to left, step forward onto left foot

At the end of count 24 you should be facing 3:00

1 AND ¾ TURNS LEFT, CROSS ROCK, SIDE STEP, ½ TURN RIGHT

25-26 Turning ¼ left step right foot to right side, turning ½ left step left foot to left side
27-28 Turning ½ left step right foot to right side, turning ½ left step left foot to left side
29-30 Cross rock right foot over left, recover onto left foot
31-32 Step right foot to right side, turn ½ right stepping left foot to left side

At the end of count 32 you should be facing 12:00

WALK BACK 'ELVIS' KNEES, FORWARD SHUFFLE WITH ¼ TURN RIGHT

33-34 Step back onto right foot bending knee inward, step back onto left foot bending knee inward,
35-36 Step back onto right foot bending knee inward, step back onto left foot bending knee inward,
37-38 Step back onto right foot bending knee inward, step back onto left foot bending knee inward,

Styling note: it may be found easier to do counts 33-38 with the weight on the toe's

39&40 Step right foot forward, close left foot behind right, step right foot forward-turn ¼ right

At the end of count 40 you should be facing 3:00

REPEAT