

Running Amuk

拍數: 64 牆數: 2 級數: Advanced
編舞者: Jenny Bounds (AUS) & Kimberley Bounds (AUS)
音樂: Just Good Ol' Boys - Joe Stampley, John Anderson, Tracy Lawrence, Tim McGraw



VINE RIGHT WHILE TURNING ½ RIGHT

- 1-2 Step right foot to the side, step left behind right foot
- 3 Step right foot to side while turning ½ turn right
- 4 Stomp left foot next to right foot (weight on right foot)

STEP, TOUCH, STEP, TOUCH.

- 5-6 Step left foot to left, touch right foot next to left foot
- 7-8 Step right foot to right, touch left foot next to right foot (weight on right foot)

KICK, KICK, TURN, CROSS & CROSS

- 9-10 Kick left foot forward, kick left foot forward while turning ¼ turn left
- &11 Step left foot behind right foot, step right foot across left foot
- &12 Step left foot to left, cross right foot over left foot

KICK, CROSS, TURN & CLAP

- 13-14 Kick left foot forward, cross left foot over right foot
- 15-16 Unwind ½ turn right, & clap

HIP BUMPS FORWARD TWICE, HIP BUMPS BACKWARDS TWICE

- 17-18 Step slightly forward on right foot & swing hips forward twice
- 19-20 Lean back on left foot swinging hips backwards twice

HEEL, SLAP, HEEL, SLAP, TURNING 180 DEGREES LEFT

- 21-22 Touch right heel forward, swing right heel out to side & slap with right hand while turning ¼ turn left (weight on left)
- 23-24 Touch right heel forward, swing right heel out to side & slap with right hand while turning ¼ turn left (weight on left)

SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK

- 25&26 Shuffle forward, right-left-right
- 27-28 Rock forward on left, rock back on right

SHUFFLE BACK, ROCK BACK, ROCK FORWARD

- 29&30 Shuffle back left-right-left
- 31-32 Rock back on right, rock forward on left

POINT, SLAP, POINT, SLAP

- 33-34 Point right toe to side, lift right foot behind left & slap with left hand
- 35-36 Point right toe to side, lift right foot behind left & slap with left hand

SLAP, SLAP, SLAP, STOMP WHILE TURNING ¼ TURN LEFT

- 37-38 Swing right foot out to the side & slap with right hand while turning 45 degrees left, swing right foot in front of left leg
- & Slap with left hand while turning 45 degrees left on left foot
- 39-40 Swing right foot out to side & slap with right hand, then stomp right foot slightly in front of left foot.(weight on right foot)

HEEL, STEP, TURN & SCOOT

41-42 Touch left heel forward, step left foot back (weight on left foot)

43-44 Unwind ½ turn left, hitch right knee & scoot forward

STEP, TAP, COASTER STEP

45-46 Step forward on right foot, tap left foot behind right foot

47&48 Step back on left foot, step right foot next to left foot, step forward on left foot. (weight on left foot)

STEP, HOLD, DRAG & STOMP

49-51 Step right foot to side, hold for 1 beat, drag left foot next to right foot

52 Stomp left foot next to right foot

JUMP, CROSS, TURN & CLAP

53-54 Jump out with both feet apart, jump while crossing right foot over left foot

55-56 Unwind by turning ½ turn left & clap

JUMP. CROSS. TURN & CLAP

57-58 Jump out with both feet apart, jump while crossing right foot over left foot

59-60 Unwind by turning ½ turn left & clap

HEEL TOUCH, SLAP, HEEL TOUCH, STOMP/CLAP

61-62 Touch right heel forward, swing right heel out to side & slap with right hand

63-64 Touch right heel forward & stomp right foot next to left foot, & clap on the same beat as the stomp

REPEAT
