Running Away Home

拍數: 64

級數: Intermediate/Advanced nightclub

編舞者: Christopher Petre (USA)

音樂: Home Running Away - Katrina Elam

ROCK, RECOVER, KICK, SWEEP, BEHIND, SIDE, ½ TURN, HOLD

- 1-2 Rock forward on right, recover on left
- 3-4 Kick right forward and sweep right to right (behind)
- 5-6 Step right behind left, prep for turn by turning ¼ left stepping forward left
- 7-8 Turn ¼ left stepping right to right side (facing back wall), hold

ROCK& KICK, ROCK, RECOVER, ½ TURN, HOLD, TOUCH, KICK

- 1&2 Rock back on left behind right, recover on right, kick left diagonally out
- 3-4 Rock back on left behind right, recover on right
- 5-6 Turning ¹/₂ right step back on left, hold (facing front wall)
- 7-8 Tap right toe next to left, kick right forward

BALL-CHANGE HOLD, WALK HOLD, ROCK, RECOVER, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- &1-2 Step back on ball of right foot, step forward left, hold
- 3-4 Step forward right, hold
- 5-6 Rock forward on left, recover on right
- 7-8 Turning ¹/₂ left step forward left, turning ¹/₂ left step back on right

SLOW SWEEP, BEHIND-SIDE-CROSS, ROCK, RECOVER, STEP, TOUCH

- 1-2 Two count sweep- slide left forward and sweep to left to behind body
- 3&4 Step left behind right, step right to right side, cross step left over right
- 5-6 Rock right to right side, turning ¼ left recover on left (9:00)
- 7-8 Step forward on right, touch left toe behind right heel

BACK, 1/2 TURN, & 1/2, SWEEP, 1/2 TURN, 1/2 TURN, SWEEP

- 1-2& Step back on left, turning ½ right step forward right (3:00), turn ½ right step back on left (9:00)
- 3-4 Slide right forward and sweep to right to behind body
- 5-6 Turning ½ right step forward on right (3:00), turn ½ right stepping back on left (9:00)
- 7-8& Slide right forward and sweep to right to behind body turning ¼ right to face front wall (&)

BEHIND, SIDE, ½ TURN, HOLD, COASTER CROSS, HOLD

- 1-2 Step right behind left, prep for turn by turning 1/4 left (9:00) stepping forward left
- 3-4 Turn ¼ left stepping right to right side (facing back wall), hold
- 5-6 Step (rock back on) left behind right, turning ¼ left step together (recover) on right (3:00)
- 7-8 Step forward on left turning ¹/₄ left to face front wall, hold

SCISSOR STEP, KICK, COASTER CROSS, KICK

- 1-2 Step right to right side, step together with left
- 3-4 Cross step right over left, kick left diagonally forward (10:00)
- 5-6 Step back on left squaring off to (9:00), step together on right,
- 7-8 Step forward on left turning ¼ left to face back wall, kick right low to right side

CROSS, BACK, SIDE, ROCK, RECOVER, ¼ TURN, ½ TURN, ½ TURN

- 1-2 Cross step right over left, step back on left
- 3-4 Step right to right side, cross rock left over right





牆數:4

- 5-6 Recover on right, turn ¼ left stepping forward left (3:00)
- 7-8 Turning ½ left step back on right, turn ½ left step forward on right (3:00)

REPEAT

RESTART

On the 3rd wall (started from the back wall) dance up to count 30. You will be on your left foot facing 3:00. Hold for 2 counts while on left foot (dragging right toe along side left foot) and restart on this wall