

Running Back

拍數: 32 牆數: 4 級數: Improver
編舞者: Aitch & Dee Dee
音樂: Running Back for More - Louise



ROCK LEFT RECOVER, BEHIND ¼ TURN RIGHT, STEP FORWARD

1-2 Rock to left on left, recover weight on to right
3&4 Cross left behind right, make ¼ turn to right, on right, step forward on left

ROCK FORWARD RECOVER, RIGHT COASTER STEP

5-6 Rock forward on to right foot, recover weight on to left
7&8 Step back right, step left beside right, step forward on right

STEP ½ PIVOT, LEFT SHUFFLE FORWARD

9-10 Step forward on left, pivot ½ turn right
11&12 Shuffle forward left, right, left

RIGHT & LEFT SIDE TOGETHER CROSS

13&14 Step right to right side, close left beside right, cross right over left
15&16 Step left to left side, close right beside left, cross left over right

RONDE ½ TURN LEFT, LEFT & RIGHT SAILOR SHUFFLES ROCK RECOVER

17-18 Sweep right foot round ½ turn left and step onto right
19&20 Cross left behind right, step right to right side, step left in place
21&22 Cross right behind left, step left to left side, step right in place
23-24 Rock forward on left, recover weight onto right

LEFT COASTER, DIAGONAL CHARLESTON STEPS, CROSS SHUFFLE

25&26 Step back on left, close right to left, step forward left
27-28 Cross right over left & step diagonally forward left onto right foot & touch left heel diagonally left
29-30 Step back diagonally right onto left foot and point right toe back diagonally right
31&32 Cross right over left, step left to left, cross right over left

REPEAT
