

Runnin' Behind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver straight rhythm
編舞者: Jon Levant (USA) & Gail Levant (USA)
音樂: Runnin' Behind - Tracy Lawrence



SIDE, HOLD, CROSS-ROCK, SIDE, HOLD, CROSS-ROCK

1-2 Step left foot to left, hold,
3-4 Cross-rock right foot over left foot, recover on left foot
5-6 Step right foot to right, hold
7-8 Cross-rock left foot over right foot, recover on right foot

COASTER STEP, HOLD, FORWARD ROCK, BACK ROCK

1-4 Step left foot back, step right foot next to left foot, step left foot forward, hold
5-6 Rock forward on right foot, recover on left foot
7-8 Rock back on right foot, recover on left foot

STEP TOUCHES WITH ¼ TURNS

1-2 Step right foot to right, touch left toes next to right foot
3-4 Step left foot ¼ turn left, touch right toes next to left foot (9:00)
5-6 Step right foot forward, touch left toes next to right foot (still 9:00)
7-8 Step left foot ¼ turn left, touch right toes next to left foot (6:00)

RIGHT ¼, HOLD, PIVOT RIGHT ¾, FORWARD, TOUCH, BACK, TOUCH

1-2 Step right foot ¼ turn right, hold (9:00)
3-4 Step left foot forward, pivot on ball of left foot ¾ turn right and shift weight onto right foot (6:00)
5-6 Step left foot forward, touch right toes behind left heel
7-8 Step right foot back, touch left toes beside right foot

REPEAT
