

# Running Through

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
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音樂: Now I Pray for Rain - Neal McCoy



## SHUFFLE FORWARD, ½ PIVOT, FULL TURN, TURNING SHUFFLE

1&2      Shuffle forward right-left-right  
3-4      Step left forward, pivot ½ turn to the right  
5      Turn ¼ to the right with your right ball and step left side  
6      Turn full turn by right with your left ball and step right beside left  
7&8      Shuffle left side turning ¼ to the right left-right-left

## ROCK STEP, FRONT SAILOR WITH TOUCH, SYNCOPATED WEAVE

1-2      Rock right back, recover weight on left  
3&4      Step right across left, step left side, touch right toe diagonally forward  
&5&6      Step right slightly back, step left across right, step right side, step left behind right  
&7&8      Step right side, step left across right, step right side, step left behind right

## KICK & TOUCH, SAILOR TURN ½, ½ PIVOT TURN, STEP, TURN ¾

1&2      Kick right forward, step right beside left, touch left side  
3&4      Step left behind right (start turning ½ to the left), step right side (complete ½ turn), step left side  
5-6      Step right forward, pivot ½ turn to the left  
7-8      Step right forward, turn ¾ to the left feet together ending weight on left

## HEEL HOOK, HEEL HITCH, TOUCH HITCH, STEP, SCUFF HITCH STEP, TWIST TURN ½

1&2      Touch right heel forward, hook right front of left, touch right heel forward  
&3&4      Hitch right, touch right toe back, hitch right, step right forward  
5&6      Scuff left forward, hitch left, step left forward  
7&8      Twist both heels to left, twist both heels to right, twist both heels left and turn ½ to the right

## KICK, SYNCOPATED LOCK STEPS, KICK & TOUCH, SIDE TOUCH, MONTEREY

1&2      Kick right forward, step right forward, lock step left behind right  
&3      Step right forward, step left forward  
&4      Lock step right behind left, step left forward  
5&6      Kick right forward, step right forward, touch left toe behind right  
7&8      Step left beside right, touch right toe side, turn ½ to right ending feet together

## SYNCOPATED STEPS, HIP SWAY & HAND MOVEMENTS

1-2      Step left side, step right behind left  
&3-4      Step left side, step right across left, step left side  
5      Sway hips to the left and slap your left thigh with your right hand  
6      Sway hips to the right and slap your right thigh with your left hand  
7      Slap hands together  
&      Sway hips to the left and slap your right hips with your right hand  
8      Sway hips to the right and slap your left hips with your left hand

## REPEAT