

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