

Shoulda Run

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Cindi Talbot (CAN)
音樂: Why Me - Delbert McClinton



SIDE-ROCK RECOVER CROSS/ SIDE-ROCK RECOVER CROSS

1-4 Rock right to right side, recover left, cross right over left, hold
5-8 Rock left to left side, recover right, cross left over right, hold

SIDE BEHIND STEP HEEL/ SIDE CROSS STEP HEEL

9-12 Step right to right, cross left behind right(bending knees), step right, touch left heel forward
13-16 Step left, cross right over left (bending knees), step left, touch right heel forward

STEP LOCK STEP HOOK (14 TURN LEFT)/ STEP LOCK STEP

17-20 Step forward diagonally right, slide left behind right, step forward diagonally right, hook left leg in front of right knee making ¼ turn left
21-24 Step forward diagonally left, slide right behind left, step forward diagonally left, hold

HIP CIRCLES MAKING ½ TURN

24-32 Step forward on right, pivoting on left circling hips, repeat 3 more times to make ½ turn left (total of 8 beats)

RUN FORWARD/ STEP TURN STEP/ RUN FORWARD/ STEP TURN STEP

33-36 Run forward right-left-right, hold
37-40 Step forward left, pivot ½ turn right putting weight on right, step forward left, hold
41-44 Run forward right-left-right, hold
45-48 Step forward left, pivot ½ turn right, putting weight on right, step forward left, hold

TWO TOE STRUTS/ TWO KNEE ROLLS

49-52 Touch right toe forward, drop heel, touch left toe forward, drop heel
53-56 Roll right knee right, roll left knee left

TWO TOE STRUTS/ OUT OUT CLAP/ IN IN CLAP

57-60 Touch right toe forward, drop heel, touch left toe forward, drop heel
&61-62 Step out to right with right, step out to left with left, clap
&63-64 Step in with right, step in with left, clap

REPEAT
