

Sometimes I Run

拍數: 80 牆數: 2 級數: Improver
編舞者: Andree Of Stevenage
音樂: Sometimes - Britney Spears



- 1-2-3 Walk forward right, left, right and
4 Touch left toe to right heel
5-6 Walk back left right then
7-8 Coaster step (left, right, left)
- 9-16 Repeat steps 1-8
- 17-18 Step right over left, step left to left
19&20 Step right behind left, jump right over left
21-22 Step left over right, step right to right
23&24 Step left behind right, jump left over right
- 25-48 Repeat steps 1 to 24
- 49-50 Rock step right forward and
51&52 Shuffle back right, left, right
53-54 Rock step left back, and
55&56 Shuffle forward left, right, left
- 57-64 Repeat steps 49-56
65-66 Rock step right forward then
67&68 Shuffle ½ turn to right, right, left, right
69&70 Shuffle ½ turn to right, left, right, left
71&72 Shuffle ½ turn to right, right, left, right
- 73-74 Rock step left forward then
75-76 Step back on left, touch right toe to right side
77 Step back right
78 Touch left toe to left side
79&80 Step back into a coaster step, left right, left

REPEAT
