

Strait Run (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: Greg Van Zilen (USA)
音樂: Run - George Strait



Position: Single hand hold. Man's right to lady's left. Mirror footwork

FORWARD LOCKING SHUFFLES

1&2 **MAN:** Step forward left, lock right foot behind left, step forward left
 LADY: Step forward right, lock left foot behind right, step forward right
3&4 **MAN:** Step forward right, lock left foot behind right, step forward right
 LADY: Step forward left, lock right foot behind left, step forward left
5-8 Repeat steps 1-4.
1&2, 5&6 you will be angling toward partner and away on 3&4, 7&8. Option: join hands when facing

TRIPLE STEPS TRAVELING LOD: FACING PARTNER, RLOD, FACING PARTNER, LOD

9&10 **MAN:** Make $\frac{1}{4}$ turn right stepping left foot to side, step right next to left, step left foot to side
 LADY: Make $\frac{1}{4}$ turn left stepping right foot to side, step left next to right, step right foot to side
11&12 **MAN:** Make $\frac{1}{4}$ turn right stepping right foot back, step left next to right, step right foot back
 LADY: Make $\frac{1}{4}$ turn left stepping left foot back, step right next to left, step left foot back
13&14 **MAN:** Make $\frac{1}{4}$ turn left stepping left foot to side, step right next to left, step left foot to side
 LADY: Make $\frac{1}{4}$ turn right stepping right foot to side, step left next to right, step right foot to side
15&16 **MAN:** Make $\frac{1}{4}$ turn left stepping right foot forward, lock left behind right, step right foot forward
 LADY: Make $\frac{1}{4}$ turn right stepping left foot forward, lock right behind left, step left foot forward

Shuffle (1) 2 hand hold, (2) man's left to lady's right, (3) 2 hand hold, (4) man's right to lady's left

SYNCOPATED ROCK STEPS WITH TURNS, SYNCOPATED $\frac{1}{2}$ TURNS

17&18 **MAN:** Step left forward, replace weight onto right, make $\frac{1}{2}$ turn left stepping left foot forward
 LADY: Step right forward, replace weight onto left, make $\frac{1}{2}$ turn right stepping right foot forward
19&20 **MAN:** Step right forward, replace weight onto left, make $\frac{1}{2}$ turn right stepping right foot forward
 LADY: Step left forward, replace weight onto right, make $\frac{1}{2}$ turn left stepping left foot forward
21&22 **MAN:** Step left foot forward, pivot $\frac{1}{2}$ turn right taking weight, step left foot forward
 LADY: Step right foot forward, pivot $\frac{1}{2}$ turn left taking weight, step right foot forward
23&24 **MAN:** Step right foot forward, pivot $\frac{1}{2}$ turn left taking weight, step right foot forward
 LADY: Step left foot forward, pivot $\frac{1}{2}$ turn right taking weight, step left foot forward

On 17 join man's left to lady's right, bring hands over head on turn. On 19 join man's right to lady's left, bring hands over head on turn. On 21 join man's left to lady's right. On 23 join man's right to lady's left

WALK AROUND MAN PASSING IN FRONT THEN LADY PASSING IN FRONT

25-28 **MAN:** Step left foot forward, step right to side, step left next to right, step right foot back
 LADY: Step right foot back, step left to side, step right next to left, step left foot forward
29-32 **MAN:** Step left foot to side, step right next to left, step left foot forward, step right foot next to left
 LADY: Step right foot to side, step left next to right, step right foot back, step left foot next to right

While passing in front of lady man will place his left hand behind his back picking up lady's right. While lady passes in front man will raise joined hands over lady's head and then down placing his right hand on lady's back as lady places her left arm on top of man's right. Now in open promenade position

POLKA TURNS TRAVELING LOD TURNING TO THE RIGHT

33&34 **MAN:** Stepping left, right, left man will move in front of lady and travel LOD

LADY: Stepping right, left, right lady will shuffle slightly forward

35&36 **MAN:** Pivoting $\frac{1}{2}$ turn man shuffles forward (right, left, right)

LADY: Pivoting $\frac{1}{2}$ turn lady shuffles back (left, right, left)

37&38 **MAN:** Pivoting $\frac{1}{2}$ turn man shuffles back (left, right, left)

LADY: Pivoting $\frac{1}{2}$ turn lady shuffles forward (right, left, right)

39&40 Man pivots $\frac{1}{2}$ turn as lady pivots almost $\frac{3}{4}$ turn to open promenade

MAN: (Right, left, right)

LADY: (Left, right, left)

Polka 1 man faces RLOD, lady faces LOD. Polka 2 man faces LOD, lady faces RLOD. Polka 3 man faces RLOD, lady faces LOD. Polka 4 man faces LOD opening lady to almost face LOD. Release man's left/lady's right hands, taking right hand from lady's' back rejoin single hand hold upon restarting dance

Option to polka turns: man will make his turns to the right traveling LOD, lady will make her turns to the left and will start turning on 33&34

Release opposite hands on all exchanges

REPEAT
