

# Time To Run

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Susan Beaumont (UK)  
音樂: Billie Jean - Michael Jackson



## **RUN RIGHT-LEFT-RIGHT PRESS LEFT KICK BACK LOCK BACK TRIPLE ½ TURN RIGHT**

1&2      Run forward small steps right, left, right  
3-4      Press forward on the ball of left foot, push up kick left foot forward  
5&6      Step back left, lock right over left step left back  
7&8      Triple shuffle ½ turn right stepping right, left, right

## **VAUDEVILLE RIGHT VAUDEVILLE LEFT CROSS SIDE SAILOR ¼ LEFT**

1&2&      Cross left over right, step back on right, tap left heel to left diagonal, step left in place  
3&4&      Cross right over left, step back on left, tap right heel to right diagonal, step right in place  
5-6      Cross left over right, step right to right side  
7&8      Step left back, turn ¼ left stepping right to right side, step left in place

## **STEP TOUCH & HEEL & TOUCH TURN ¼ KICK BACK LOCK BACK**

1-2      Step forward right, touch left beside right  
&3&4      Step back on left, tap right heel forward, step right next to left, touch left beside right  
5-6      Turn ¼ left on balls of feet, kick left foot forward  
7&8      Step back left, lock right over left, step back left

## **JUMP BACK RIGHT, LEFT CLAP KNEE POPS HIP ROLLS TWICE TO THE LEFT**

&1-2      Jump back right left, hold and clap  
3-4      Pop right knee forward, pop left knee forward  
5-6      Roll hips full circle in to the left direction  
7-8      Roll hips full circle in to the left direction

## **CROSS & KICK TWICE TRAVELING FORWARD, CROSS UNWIND ½ LEFT HEELS RIGHT, LEFT**

1&2&      Traveling forward cross right over left, step left in place, kick right to right diagonal, step right in place  
3&4&      Traveling forward cross left over right, step right in place, kick left to left diagonal, step left in place  
5-6&      Cross right over left, unwind ½ turn left  
7-8      Swivel heels to the right, swivel heels to the left

**Option: dancers can replace swivels with applejacks for the count 7&8& of this section and 1&2 of next section**

## **HEEL SWIVELS ROCK & CROSS SIDE ROCK SAILOR ¼ TURN LEFT**

1-2      Swivel heels to the right, swivel heels to the left  
3&4      Rock right to right side, step left in place, cross right over left  
5-6      Rock left to left side, step right in place  
7&8      Step left back, turn ¼ left stepping right to right side, step left in place

**REPEAT**