

U Can Run

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Debbie Feasey (UK) & Steve Rutter (UK)
音樂: Escape - Enrique Iglesias



SIDE STEP, SLIDE LEFT, LEFT SAILOR STEP, WALK FORWARD, ½ TURN LEFT, KICK LEFT

1-2 Step right to right side, slide left up towards right
3&4 Cross left behind right, step right to right side, step left beside right(taking weight)
5-6 Step forward on right, step forward on left
7-8 Step forward on right, on ball of right make ½ turn left kicking left foot forward

COASTER STEP, RIGHT KICK BALL-TOUCH, CROSS BEHIND, SIDE STEP, LEFT KICK BALL-TOUCH

9&10 Step back on left, close right beside left, step forward on left
11&12 Kick right forward, step right beside left, touch left toe to left side
13-14 Cross left behind right, step right to right side
15&16 Kick left forward, step left beside right, touch right toe to right side

STEP FORWARD, LOCK BEHIND, STEP FORWARD, LEFT ROCK & CROSS, RIGHT SIDE ROCK, KICK

17-18 Step forward on right, lock left behind right
19 Step forward on right
20&21 Rock left to left side, recover weight onto right, cross left over right
22-23 Rock right to right side, recover weight onto left
24 Kick right foot forward

TWO TOE STRUTS BACK, SLOW COASTER STEP, TOUCH TO SIDE

25-26 Touch right toe back, snap right heel down to the floor
27-28 Touch left toe back, snap left heel down to the floor
29-30 Step back on right, close left beside right
31-32 Step forward on right, touch left toe to left side

CLOSE, CROSS ROCK, CHASSE RIGHT, CROSS ROCK, STOMP LEFT(NO WEIGHT), KICK LEFT

& Close left beside right
33-34 Cross rock right over left, recover weight back onto left
35&36 Step right to right side, close left beside right, step right to right side
37-38 Cross rock left over right, recover weight back onto right
39-40 Stomp left beside right(with no weight), kick left foot forward

LEFT ROLLING VINE, SCUFF RIGHT, STEP PIVOT ½ TURN LEFT TWICE

41-42 Make ¼ turn left stepping forward on left, make ¼ turn left stepping right to right side
43-44 Make ½ turn left stepping left to left side, scuff right foot forward
45-46 Step forward on right, on the balls of both feet pivot ½ turn left
47-48 Step forward on right, on the balls of both feet pivot ½ turn left

REPEAT
