

Why Do I Run?

拍數: 32 牆數: 4 級數: Intermediate nightclub
編舞者: Steve Rutter (UK) & Glynn Rodgers (UK)
音樂: Why - Jason Aldean



SIDE STEP, BACK ROCK, HIP SWAYS, CLOSE, CROSS, HINGE ½ TURN LEFT, RIGHT LOCK STEP

- 1-2& Step left to left side, rock back right, recover weight onto left
3-4& Step right-to-right side swaying hips - right-left, step right beside left
5-6& Cross left over right, make ¼ turn left stepping back right, make ¼ turn left stepping side left
7&8 Step forward right, lock left behind right, step forward right

When dancing wall 3 restart dance here

SIDE ROCK, CLOSE, SIDE STEP, TOE TOUCH, ROCK & CROSS, ROCK & TOUCH BEHIND

- 9-10 Rock left to left side, recover weight onto right
11&12 Close left beside right, step right to right side, touch left beside right
13&14 Rock left-to-left side, recover weight onto right, cross left over right
15&16 Rock right-to-right side, recover weight onto left, touch right toe behind left

UNWIND ½ TURN RIGHT, FORWARD ROCK, SWEEP ¼ TURN LEFT, MODIFIED SAILOR STEP, STEP FORWARD, FORWARD ROCK, ¼ TURN LEFT, CROSS, ¼ TURN LEFT

- 17 Unwind a half turn right
18&19 Rock forward on left, recover weight back onto right, sweep left around from front to back making a quarter turn left
20&21 Cross left behind right, take step right small step to right, step forward on left
22 Step forward on right
23&24 Rock forward left, recover weight onto right, make a quarter turn left stepping left-to-left side
&25 Cross right over left, make a quarter turn left stepping forward left

FORWARD ROCK, STEP BACK & DRAG, CLOSE, CROSS, SIDE STEP, BACK ROCK, SYNCOPATED VINE WITH SWAY

- 26&27 Rock forward on right, recover weight back onto left, step right a big step back dragging left to right
28&29 Close left beside right, cross right over left, step left-to-left side
30& Rock back on right, recover weight forward onto left
31&32 Step right-to-right side, cross left behind right, step right-to-right side swaying hips right

REPEAT

RESTART

When dancing wall 3, restart dance after your first 8 counts