

4 Runner

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Moe Rojanachaichanin
音樂: Dust on the Bottle - David Lee Murphy



- 1 Step forward on left
 - 2 Step forward on right
 - 3 Step forward on left
 - & Step right next to left
 - 4 Step forward on left
 - 5 Kick right foot forward
 - 6 Kick right foot forward
 - 7 Step back on right
 - & Step left next to right
 - 8 Step back on right
-
- 1 Step back on left
 - 2 Step back on right
 - 3 Kick left at a 45 degree angle to the left
 - & Step left next to right
 - 4 Cross step right over left
 - 5 Brush left foot forward
 - 6 Cross step left over right
 - 7 Brush right foot forward
 - 8 Touch right next to left
-
- 1 Step to the right on right
 - 2 Cross step left behind right
 - 3 Step to the right on right
 - 4 Touch left next to right
 - 5 Step to the left on left
 - 6 Cross step right behind left
 - 7 Step to the left on left
 - 8 Touch right next to left
-
- 1 Kick right foot forward
 - & Step onto ball of right next to left
 - 2 Change weight to left
 - 3 Roll right knee on ball of right into a $\frac{1}{4}$ turn to the right
 - 4 Step down on right heel
 - & Step to the left on left
 - 5 Step to the right on right
 - & Step home on left
 - 6 Cross step right over left
 - 7 Step to the left on left
 - 8 Step right next to left
-
- 1 Cross step left over right, pivoting $\frac{1}{4}$ turn to the right
 - 2 Pivot $\frac{1}{2}$ turn to the right ending with weight on right
 - 3 Step forward on left, pivoting $\frac{1}{4}$ turn to the right
 - & Step right next to left

- 4 Step in place on left
- 5 Rock back on right
- 6 Rock forward on left
- 7 Step forward on right
- & Step left next to right
- 8 Step forward on right

REPEAT
