

# C Jane Run

拍數: 66      牆數: 4      級數: Advanced  
編舞者: "Calamity" Jane Newhard (USA)  
音樂: See Jane Run - Trace Adkins



This dance has a 2-step rhythm. It can be danced to any good 2-step song. The steps are: quick, quick, slow, slow (Q = 1 beat, S = 2 beats).

- Q            Step right foot to right side
- Q            Cross-step left over right
- S            Step right foot to right side
- S            Cross-step left over right
  
- Q            Step right foot forward
- Q            Step left beside right
- S            Step right foot forward
- S            Cross-step left over right
  
- Q            Unwind  $\frac{1}{2}$  turn to the right ending with heels left
- Q            Swivel heels right
- S            Swivel heels left
- S            Swivel heels right making  $\frac{1}{4}$  turn to the left
  
- 19-36        Repeat 1-18
  
- Q            Touch right toe beside left instep
- Q            Touch right heel beside left instep
- S            Step right foot to right side
- S            Cross-step left foot over right
- Q            Touch right toe beside left instep
- Q            Touch right heel beside left instep
- S            Step right foot to right side
- S            Cross-step left foot over right
  
- Q            Touch right toe beside left instep
- Q            Touch right heel beside left instep
- S            Step on right as you bump hips right
- S            Bump hips left
  
- Q            Bump hips right
- Q            Bump hips left
- S            Bump hips right
- S            Bump hips left
  
- Q            Step right foot forward
- Q            Step left beside right
- S            Turning  $\frac{1}{4}$  to the right, step on right
- S            Step left beside right

**REPEAT**

