

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

