

Born 2 Run

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Steve Rutter (UK)
音樂: She Was Born to Run - Brooks & Dunn



FORWARD ROCK, SHUFFLE BACK, COASTER STEP, PRISSY WALKS

1-2 Rock forward on right, recover weight back onto left
3&4 Step back on right, close left beside right, step back on right
5&6 Step back on left, step back on right, step forward on left
7-8 Cross right over left, cross left over right

FORWARD ROCK, TRIPLE ½ TURN RIGHT, SIDE ROCK WITH ¼ TURN RIGHT, KICK BALL-TOUCH

9-10 Rock forward on right, recover weight back onto left
11&12 Make a half turn right stepping on right, left, right
13-14 Make a quarter turn right rocking left-to-left side, recover weight onto right
15&16 Kick left forward, step left beside right, touch right toe out to right side

FORWARD ROCK, TRIPLE ½ TURN RIGHT TWICE, BACK ROCK

17-18 Rock forward on right, recover weight back onto left
19&20 Make a half turn right stepping on right, left, right
21&22 Make a half turn right stepping on left, right, left
23-24 Rock back on right, recover weight forward onto left

FORWARD ROCK, COASTER STEP, TOUCH, STEP FORWARD, HEEL SWITCHES

25-26 Rock forward on right, recover weight back onto right
27&28 Step back on right, step back on left, step forward on right
29-30 Touch left toe out to left side, step forward on left
31&32 Touch right heel forward, step right beside left, touch left heel forward

CLOSE, FORWARD ROCK, TRIPLE ¾ TURN RIGHT, CHASSE LEFT, BACK ROCK

& Close left beside right
33-34 Rock forward on right, recover weight back onto left
35&36 Make a three-quarter turn right stepping on right, left, right
37&38 Step left-to-left side, close right beside left, step left to left side
39-40 Rock back on right, recover weight forward onto left

HEEL GRIND ¼ TURN RIGHT, KICK BALL-CROSS, SIDE ROCK, CROSSING SHUFFLE

41-42 Touch right heel forward, grind the heel into the floor making a quarter turn right
43&44 Kick right forward, step right beside left, cross left over right
45-46 Rock right-to-right side, recover weight onto left
47&48 Cross right over left, step left to left side, cross right over left

SIDE ROCK, SAILOR STEPS, CROSS BEHIND, SIDE STEP

49-50 Rock left-to-left side, recover weight onto right
51&52 Cross left behind right, step right to right side (taking weight), replace weight onto left
53&54 Cross right behind left, step left to left side (taking weight), replace weight onto right
55-56 Cross left behind right, step right to right side

CROSS, TOUCH, CROSSING SHUFFLE, CHASSE LEFT, BACK ROCK

57-58 Cross left over right, touch right toe to right side
59&60 Cross right over left, step left to left side, cross right over left

61&62 Step left-to-left side, close right beside left, step left-to-left side
63-64 Rock back on right, recover weight forward onto left

REPEAT

TAG

Performed once at the end of the 4th wall, only when using "She Was Born To Run"

FORWARD ROCK, BACK ROCK

1-2 Rock forward on right, recover weight back onto left
3-4 Rock back on left, recover weight forward onto right
