

Do A Runner

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Run - Gil Grand



Intro: 48 counts.

Fwd mambo , back mambo, apple jacks.(optional heel and toe)

1&2 step fwd on right, step left in place, step right beside left
3&4 step back on left, step right in place, step left beside right, take weight onto right toe and left heel
5&6 swivel right heel and left toe to left, swivel feet back to place, take weight onto left toe and right heel, swivel to right
& s wivel feet back in place
7&8& repeat 5&6&

Option to apple jacks:

5&6 touch right heel fwd, step right beside left, touch left toe in place
7&8 touch left heel fwd, step left beside right, touch right toe in place

Step right fwd, swivel 1/4 left, toe point , heel scuff, jazz box.

1-2 step fwd on right, swivel 1/4 turn left on both feet,
3-4 point right toe to left (heel raised) scuff right heel fwd;
5-6 cross right over left, step back on left
7-8 step right beside left, touch left in place (weight on right),

Side rock, cross shuffle, side chasse, back rock.

1-2 rock left to left side, recover on right,
3&4 cross shuffle to right, stepping left , right, left,
5&6 chasse to right stepping right, left, right,
7-8 rock back on left, recover on right,

Heel digs, fwd step, two kick ball changes.

1&2& dig left heel fwd, step left beside right, dig right heel fwd, step right beside left,
3-4 long step fwd on left, step right beside left
5&6 kick right leg fwd, step right beside left, step left in place
7&8 repeat steps 5&6,

Dance TAG here during wall 1. Then restart from the beginning.

Weave left with heel jacks, weave right with heel jacks.

1-2 cross right over left, step left to left side
3&4& cross right behind left, step left beside right, dig right heel diagonally fwd, step right in place
5-6 cross left over right, step right to right side,
7&8& cross left behind right, step right to right side, dig left heel diagonally fwd, step left in place

Lock steps and claps, 1/4 turn right, fwd mambo.

1-2& cross right over left, hold and clap, step left behind right,
3-4 cross right over left, hold and clap,
5-6 rock left to left side, recover on right with 1/4 turn right,
7&8 step fwd on left, step right in place, step left beside right,

Scuff and hitch on right, stomps x2 sailor steps x2.

1-2 scuff and hitch right fwd, step right beside left,
3-4 stomp left in place, stomp right in place,

5&6 cross left behind right, step right beside left, step left in place,
7&8 cross right behind left, step left beside right, step left in place,

Step 1/2 turn and kick, shuffle back, back rock, shuffle fwd.

1-2 step fwd on left, pivot 1/2 turn right and kick right fwd,
3&4 shuffle back, stepping right, left, right,
5-6 rock back on left, recover on right,
7&8 shuffle fwd, stepping left, right, right.

Begin again

Tag:

**After count 32 of first wall, (after two kick ball changes)
step fwd on right, pivot 1/2 turn left, and repeat.**
