

Run It Back

拍數: 32 牆數: 4 級數: Improver
編舞者: Maggie Gallagher (UK) - February 2008
音樂: Run It Back Again - Corbin Bleu : (2:44)



(1 Restart)

Intro : Start on Vocals . (8 secs.)

The dance moves in an Anti-Clockwise direction.

RIGHT SAILOR, HOLD, TOGETHER, RIGHT CROSS, ¼ LEFT, ¼ LEFT WITH HITCH, RIGHT CROSS, POINT LEFT

1&2 Cross right behind left, Step left to left side, Step right to right side
3&4 HOLD, Step left next to right, Cross right over left
5,6 Make 1/4 turn left stepping forward on left, Make 1/4 turn left hitching right knee (6:00)
7,8 Cross right over left, Point left to left side

LEFT CROSS, KNEE BOUNCES, SIDE RIGHT SQUAT, HOLD, ½ RIGHT, POINT LEFT, ¼ MONTEREY LEFT, POINT RIGHT

1&2 Cross left over right, Bounce by bending knees x2
3,4 Step right to right side - squatting by bending knees with legs apart, HOLD
5,6 Make 1/2 turn right stepping right next to left, Point left to left side (12:00)
7,8 Make 1/4 turn left stepping left next to right, Point right to right side (9:00)

Restart here during wall 4.

RIGHT KICK, STEP, SWIVELS, WALKS BACK R, L, RIGHT COASTER

1,2 Kick right on right diagonal, Step right in front to left
3,4 Swivel heels 1/4 turn right, Swivel heels 1/4 turn left (weight on left) (9:00)
5,6 Walk back right, Walk back left
7&8 Step back on right, Step left next to right, Step forward on right

WALK LEFT, HOLD, RIGHT KICK, OUT RIGHT, OUT LEFT WITH HIP PUSH LEFT, WALKS ROUND IN FULL TURN

1,2 Walk forward on left, HOLD
3&4 Make small kick on right, Step right to right side, Step out to left side pushing hips to left side
(as a prep to push off for the walk round)
5,6,7,8 Walk round in a full circle to the right – R, L, R, L (9:00)

Begin again

Restart:

After 16 counts during wall 4 - restart the dance at the beginning. (Facing Front Wall)