

No More Run

拍數: 64 牆數: 4 級數: Intermediate
編舞者: T.O.M. (The Old Man) - February 2009
音樂: Run - Amy McDonald : (CD: This is the life)



Intro : 32 counts

(1-8) Step, Lock, Shuffle Forward, Step, Pivot, Shuffle Forward

1-2 Step right forward, Lock left behind right
3&4 Right shuffle forward R-L-R
5-6 Step left forward, ½ Turn right
7&8 Left shuffle forward L-R-L (06:00)

(9-16) Step, Lock, Shuffle Forward, Step, Pivot, ½ Turn Shuffle

1-2 Step right forward, Lock left behind right
3&4 Right shuffle forward R-L-R
5-6 Step left forward, ½ Turn right
7&8 ¼ Turn right step left to left side, Close right next to left, ¼ Turn right step left back (06:00)

(17-24) Walk, Walk, Coaster Step, Walk, Walk, ½ Turn Shuffle

1-2 Walk right back, Walk left back
3&4 Step right back, close left next to right, step right forward
5-6 Walk left forward, Walk right forward
7&8 ¼ Turn right step left to left side, Close right next to left, ¼ Turn right step left back (12:00)

(25-32) Sway, Sway, Chassé ¼ Turn (x2)

1-2 Step right to right side and sway, Recover and sway
3&4 Step right to right side, Close left next to right, ¼ Turn right step right forward (03:00)
5-6 Step left to left side and sway, Recover and sway
7&8 Step left to left side, Close right next to left, ¼ Turn left step left forward (12:00)

(33-40) Step, Close, Cross Shuffle (x2)

1-2 Step right to right side, Close left next to right
3&4 Cross right over left, Step left to left side, Cross right over left
5-6 Step left to left side, Close right next to left
7&8 Cross left over right, Step right to right side, Cross left over right

(41-48) Step, Cross, ¼ Turn, Step, ¾ Turn, Step, Cross, Step (Figure of eight)

1-2 Step right to right side, Cross left behind right
3-4 ¼ Turn right step right forward, Step left forward
5-6 ¾ Turn right, Step left to left side
7-8 Cross right behind left, Step left to left side

(49-56) Rock Step, Recover, Sailor Step, Cross, ¼ Turn, Coaster Step

1-2 Step rock right to right side, Recover
3&4 Cross right behind left, Step left to left side, Step right to right side
5-6 Cross left over right, ¼ Turn left step right back (09:00)
7&8 Step left back, Step right next to left, Step left forward

(57-64) Walk, Walk, Shuffle Forward, Scuf, Hitch, Pivot, Rock, Recover

1-2 Walk right forward, Walk left forward
3&4 Right shuffle forward R-L-R

5-6 Scuff hitch left and make ½ turn right on ball of right foot, Step left back
7-8 Rock Step right back, Recover (03:00)

Start again.
