

Run

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - May 2009
音樂: Run (Wayne G Radio Edit) - Jamie Knight



Start after 32 count intro on verse vocals – 127bpm

(1-8) R fwd, ½ R & L back, R coaster step, L full turn fwd, L fwd shuffle

1-2 Step R forward in extended 5th, turning ½ right step L back (6 o'clock)
3&4 Step R back, step L together, step R forward
5-6 Step L forward in extended 5th, turning ½ left step R back (and lift L)
7&8 Turning ½ left step L forward, step R together, step L forward (6 o'clock)

(9-16) R 2 step jazz, R ball cross & unwind ½ R, R back rock & recover, R fwd rock & recover

1-2 Cross step R over L, step L back
&3-4 Step R back, cross step L over R, unwind ½ right ending with weight on L (12 o'clock)
5-6 Rock R back, recover weight on L

Restart: During 3rd wall dance this far and then add the following 2 counts and restart the dance:

7-8 Walk fwd R, L, or full turn L over 2 counts

7-8 Rock R forward, recover weight on L

(17-24) R ball cross & weave R 2, L sailor, weave L 2, R sailor

&1-2 Step R back, cross step L over R, step R side
3&4 Cross step L behind R, step R side, step L side
5-6 Cross step R over L, step L side
7&8 Cross step R behind L, step L side, step R side

(25-32) L touch behind, unwind ¾ L, R fwd rock & recover, R full turn back, R coaster step

1-2 Touch L behind, unwind ¾ left with weight ending on L (3 o'clock)
3-4 Rock R forward, recover weight on L
5-6 Turning ½ right step R fwd, turning ½ right step L back
7&8 Step R back, step L together, step R forward

(33-40) L fwd, R side rock-recover-cross step, L side rock & recover, L behind-side-cross, unwind ½ R

1 Step L forward
2&3 Rock R side, recover weight on L, cross step R over L
4-5 Rock L side, recover weight on R
6& Cross step L behind R, step R side
7-8 Cross step L over R, unwind ½ right with weight ending on R (9 o'clock)

(41-48) L fwd, R side rock-recover-cross step, L side rock & recover, L behind, ¼ R & R fwd, L & R fwd

1 Step L forward
2&3 Rock R side, recover weight on L, cross step R over L
4-5 Rock L side, recover weight on R
6& Cross step L behind R, turning ¼ right step R forward (12 o'clock)
7-8 Step L forward, step R forward

(49-56) L fwd rock & recover, L together, ½ R monterey, L fwd rock & recover, ¼ R monterey

1-2& Rock L forward, recover weight on R, step L together
3-4 Point R toes to side, turning ½ right step R together (6 o'clock)
5-6& Rock L forward, recover weight on R, step L together

7-8 Point R toes to side, turning $\frac{1}{4}$ right step R together (9 o'clock)

(57-64) Weave R 2, $\frac{1}{4}$ L toaster step, L fwd full turn, walk fwd 2 (or another L full turn fwd)

1-2 Cross step L over R, step R side

3&4 Turning $\frac{1}{4}$ left step L back, step R together, step L forward (in extended 5th) (6 o'clock)

5-6 Turning forward $\frac{1}{2}$ left step R back, turning $\frac{1}{2}$ left step L forward (or simply walk forward R,L)

7-8 Step R forward, step L forward (or execute a 2nd full forward full turn on 7-8)

Big ending: On counts 63-64 do a $\frac{1}{2}$ pivot turn L and strike a pose!

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