

On The Run

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) & Daan Geelen (NL) - January 2010
音樂: Life On the Run - Dierks Bentley : (Album: Feel That Fire)



Start on main vocals.

R Kick & Side Rock L, L Kick Jump Back, R Heel Twist , Heel Twists With 1/4 Turn R, Coaster Step.

1 & 2 & Kick R forward. Step R in place. Side rock out L on L. Recover on to R.
3 & 4 Kick L forward.. Jump back stepping L to L side & R to R side..
5 & 6 R heel twist in . Twist both heels R. Twist both heels L making 1/4 turn R. (3 o'clock).
7 & 8 Step back on R. Step L next to R. Step forward on R.

Paddle 1/4 Turn R x 2, Kick Cross Touch, Sailor Step With 1/4 Turn R. Step, Rock.

1 2 Turn 1/4 Right touching L to L side. Turn 1/4 Right touching L to L side. (9 o'clock)
3 & 4 Kick Left forward. Cross step Left over Right. Touch Right to Right side.
5 & 6 Cross step R behind L. Turn 1/4 R stepping L slightly to L side. Step forward on R.
7 8 Step forward on L. Rock forward on R.

Step Back, Turn 1/2 R, Step Forward, Turn 1/4 R Stepping Together, Weave R, Heel Jack.

1 2 Step back on L. Turn 1/2 R stepping forward on R.
3 4 Step forward on L. Turn 1/4 R stepping R next to L. (9 o'clock.)
5 & 6 & Cross step L over R. Step R to R side. Cross step L behind R. Step R to R side.
7 & 8 Cross step L over R. Step R to R side. Dig L heel forward to L diagonal.

Touch R, Turn 1/2 L, Touch R, Walk Forward, Scissor Step R, Step L, Cross Step R Behind L, Look L.

& 1 & 2 Step L next to R. Touch R toe out to R side. Pivot 1/2 turn L on ball of L. Touch R toe out to R side.
3 4 Walk forward on R, L (3 o'clock)
5 & 6 Step R to R side. Step L next to R. Cross step R over L.
7 8 Step L to L side. Cross step R behind L. On count 8 look left.

Scissor Step, Side Together Forward, Step Pivot 1/2 Turn R x 2

1 & 2 Step L to L side. Step R next to L. Cross step L over R.
3 & 4 Step R to R side. Step L next to R. Step forward on R.
5 6 7 8 Step forward on L. Pivot 1/2 turn R. Step forward on L. Pivot 1/2 turn R. (3 o'clock)

Heel, Hook, Step Hitch, Back Hitch, Step Back, Heel Hitch x 2, Rock Back, Recover.

1 & 2 & Dig L heel forward. Hook L heel across R leg, Step forward on L. Hitch right knee.
3 & 4 Step back on R. Hitch L knee, Step back on L.
5 & 6 & Dig R heel forward. Hitch R knee. Dig R heel forward. Hitch R knee.
7 8 Rock back on R. Rock forward on L.

4 Count Tag end of wall 2, facing 6 o'clock.

Mambo Forward, Coaster Step.

1 & 2 Rock forward on R. Rock back on L. Step back on R.
3 & 4 Step back on L. Step R next to L. Step forward on L.