

Running Wild

COPPER **KNOB**
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adriano Castagnoli (IT) - July 2011
音樂: Running Through the Rain - Chris LeDoux



STEP LEFT, STEP RIGHT, BACK, HOLD, ROCK BACK, STEP FORWARD, TURN ¼ LEFT AND SCUFF

1-2 Step Left Forward Diagonally To Left, Little Step Right Forward
3-4 Step Left Back, Hold
5-6 Rock Back On Right, Return On Left
7-8 Step Right Forward, Turning ¼ To Left And Scuff Left Beside Right

JAZZ BOX LEFT ¼ TURN LEFT, STOMP, TURN ¼ LEFT, STOMP, TURN ¼ LEFT, SCUFF

1-2 Jumping Cross Left Over Right, Turning ¼ To Left Step Right Back And Kick Left Forward
3-4 Step Left Forward, Stomp Right
5-6 Turn ¼ To Left And Step Right To Right, Stomp Left
7-8 Turn ¼ To Left And Step Left Forward, Scuff Right

2 JAZZ BOX (RIGHT, LEFT), 2 STOMP

1-2 Jumping Cross Right Over Left, Step Left Back And Kick Right Forward
3-4 Step Right To Right And Kick Left Forward, Cross Left Over Right
5-6 Step Right Back And Kick Left Forward, Step Left To Left
7-8 Stomp Right Beside Left, Stomp Right Forward

2 HOOK (LEFT BACK, RIGHT FORWARD), STOMP, SWIVEL HEELS

1-2 Hook Left Behind Right, Step Left Back (Weight On It)
3-4 Hook Right Over Left, Stomp Right Forward
5-6 Swivel Both Heels To Right, Return Heels To Centre
7-8 Repeat 5-6

STEP, BACK, CROSS, HOLD, STEPS BACK, CROSS, HOLD

1-2 Step Left To Left, Step Right Back
3-4 Step Left Over Right, Hold
5-6 Step Right Back Diagonally To Right, Step Left Back
7-8 Step Right Over Left, Hold

TURN ¼ LEFT ROCK FORWARD, TURN ½ LEFT, STOMP, TURN ¼ LEFT, SLAP, ROCK BACK

1-2 Turn ¼ To Left Rock Forward On Left, Return On Right
3-4 Turning 1/2 To Left (On Right Foot) Step Left Forward, Stomp Right
5-6 Turn ¼ To Left And Step Right To Right, Slap Right Back On Left Heel
7-8 Rock Back On Left, Return On Right

TOUCH TOE, HOLD, TURN ½ LEFT, HOLD, STEP, STEP, BACK, KICK LEFT

1-2 Touch Left Toe Behind Right, Hold
3-4 Turn ½ To Left, Hold (Weight On Left)
5-6 Step Right Forward Over Left, Step Left To Left
7-8 Step Right Back, Kick Left Forward

JUMPING CROSS TO RIGHT, 3 STOMP

1-2 Jumping Cross Left Over Right, Step Right Back And Kick Left Forward
3-4 Repeat 1-2
5-6 Jumping Cross Left Over Right, Stomp Right Beside Left
7-8 Stomp Right To Right, Stomp Left Beside Right

REPEAT

TAG: Performed after 7th repetition

GRAPEVINE LEFT, STOMP, TURN ½ RIGHT, 2 STOMP, HOLD

1-2 Step Left To Left, Cross Right Behind Left

3-4 Step Left To Left, Stomp Right

5-6 Turn ½ Right (Weight On Left) And Little Step Right Forward, Stomp Left

7-8 Stomp Right Forward, Hold
