

Runnin' Behind Together (P)

COPPERKNOB
STEPPERS

拍數: 48 牆數: 0 級數: Improver - Partner
編舞者: Eddie Morrison (SCO) - February 2012
音樂: Runnin' Behind - Tracy Lawrence : (CD: The Very Best of .. / Sticks & Stones)



16 Count intro start on vocals

Section 1: Adopt Sweetheart Position (S P) Facing Line Of Dance

Chasse right rock back recover –Chasse left rock back recover (Gent slightly behind Lady)

- 1 & 2 Step right to right side, Step left beside right, Step right to right side
- 3 – 4 Rock back on left, Recover on right
- 5 & 6 Step left to left side, Step right beside left, Step left to left side
- 7 - 8 Rock back recover on left

Section 2: Right step lock step lock step to right diagonal – Left step lock step lock step to left diagonal

- 1 – 2 Step right forward, lock left behind right
- 3 & 4 step right forward, Step left behind right, Step right forward
- 5 - 6 Step left forward, lock right behind left
- 7 & 8 step left forward, Step right behind right, Step left forward

Section 3: Right rock recover shuffle half turn right– Left rocking chair

- 1 – 2 Rock forward on right, Rock back on left
- 3 & 4 Half turn right stepping right left right
- 5 - 6 Rock forward on left recover on right
- 7 - 8 Rock back on left recover on right

Section 4: Left rock recover shuffle half turn left – Right rocking chair

- 1 – 2 Rock forward on left, Rock back on right
- 3 & 4 Half turn left stepping left right left
- 5 - 6 Rock forward on right recover on left
- 7 - 8 Rock back on right recover on left

* Restart the dance here during Sequence 3 and 6

Section 5: Grapevine Right Touch – Grapevine Left Touch

- 1 – 2 Step right to the right side, step left behind right
- 3 – 4 Step right to the right side touch left beside right
- 5 – 6 Step left to the left side, step right behind left
- 7 - 8 Step left to the left side touch right beside left

Section 6: Shuffle steps forward x 4,

Gents Steps - Drop ladies left hand For 2 Then (S P)

- 1 & 2 Step forward on right step left beside right and step right forward
- 3 & 4 Step forward on left step right beside left and step left forward
- 5 & 6 Step forward on right step left beside right and step right forward
- 7 & 8 Step forward on left step right beside left and step left forward

Section 6: Shuffle full turn x1 Then (S P) Shuffle steps forward x 2

Ladies Steps

- 1 & 2 Step forward on right making a ¼ turn right step left beside right making a ¼ turn to the right
- 3 & 4 Step forward on left making a ¼ turn right step right beside left making a ¼ turn to the right
- 5 & 6 Step forward on right step left beside right and step right forward
- 7 & 8 Step forward on left step right beside left and step left forward

