

Running Out of Air

COPPER KNOB
BY STEPHEN

拍數: 56 牆數: 4 級數: Improver
編舞者: Roz Chaplin (UK) - October 2012
音樂: Runnin' Out of Air - Love and Theft : (CD: Love and Theft)



Intro - Start on: "I Gotta Catch My Breath"

CROSS ROCK, SIDE ROCK, SHUFFLE FORWARD X2

1-2 Cross rock right over left, recover onto left
3-4 Rock right to right side, recover onto left
5&6 Step forward on right, close left beside right, step forward right
7&8 Step forward on left side, close right beside left, step forward left

MONTEREY ½ TURN. MONTEREY ¼ TURN

1-2 Touch right to right side, on ball of left make ½ turn stepping right beside left (6)
3-4 Touch left to left side, step left beside right
5-6 Touch right to right side, turn ¼ right stepping right beside left (9)
7-8 Touch left to left side, step left beside right

FORWARD ROCK, STEP LOCK STEP, STEP LOCK STEP, BACK ROCK

1-2 Rock forward right, recover onto left
3&4 Step back on right, lock left in front of right, step back on right
5&6 Step back on left, lock right in front of left, step back on left
7-8 Rock back on right, recover onto left

SIDE ROCK BEHIND, SIDE, CROSS, SIDE ROCK BEHIND ¼ TURN

1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, turn ¼ turn right stepping to right side, step forward on left (12)

Restart Here Wall 5

FORWARD ROCK, FULL TURN, REVERSE ROCKING CHAIR

1-2 Rock forward on right, recover onto left
3-4 Make ½ turn back stepping right forward, ½ turn stepping back on left
5-6 Rock back on right, recover onto left
7-8 Rock forward on right, recover onto left

SIDE ROCK, CROSS SHUFFLE, SIDE, ¼ TURN, LEFT SHUFFLE FORWARD

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, ¼ turn right stepping right to right side (3)
7&8 Step forward left, close right beside left, step left forward

Restart Here Wall 2

TOE STUTS X2, JAZZ BOX

1-2 Touch right toe forward, Drop right heel taking weight
3-4 Touch left toe forward, drop left heel taking weight
5-6 Cross right over left, step back on left
7-8 Step right to right side, step forward on left