

If I Run

拍數: 36 牆數: 4 級數: Intermediate - Canter waltz
編舞者: Karen Tripp (CAN) - November 2012
音樂: If I Run - The Harters : (Slowed 5%)



Start on lyrics, left lead

FORWARD, SYNCOPATED BACK COASTER, FORWARD, ½ TURN LEFT

- 1, 2&3 Step forward left (1), drawing right up to left (&), step back on right (2), close left to right (&), forward on right (3)
4, 5&6 Step forward left (1) drawing right up to left (&), turn ¼ left and step back on right (2), turn ¼ left and step forward on left (&), step forward on right (3) (6:00)

FORWARD, SYNCOPATED BACK COASTER, FORWARD, ½ TURN LEFT

- 7, 8&9 Repeat steps 1-3
10, 11&12 Repeat steps 4-6 (12:00)

FORWARD, BACK ¼ LEFT, SIDE, CROSS**, SIDE, SYNCOPATED SWAYS

- 13, 14&15 Step forward left drawing right to left, turn ¼ left and step back on right, step side on left, cross right over left**

Note: Dance ends here facing 12:00

Optional styling for end: Cross arms and look down.

- 16, 17&18 Big step side on left, sway hips or upper body right, left, right

CROSS, BACK LEFT ¼, SIDE, CROSS, DIAGONAL FORWARD LEFT, DIAGONAL RIGHT FORWARD LOCKING STEP

- 19, 20&21 Cross left, turn ¼ left and step back on right, step side on left, cross right (6:00)
22, 23&24 Step left diagonally forward, drawing right to left. Angle body to the right and step diagonally right, lock left behind, step diagonally right

SYNCOPATED CROSS & BACK WEAVE 5, SIDE, DRAW, FULL TURN 1 ¼ (9:00)

- 25&26&27& Cross left over right, step back on right, step side left, cross right over left, step side left, cross right behind
28, 29&30 Step side left, draw right to left, turn ¼ right and step right, turn ½ right and step back on left, continue turning right another ½ and step right

FORWARD, BACK RUN 3, BACK, HOOK, SYNCOPATED FORWARD LOCKING STEP

- 31, 32&33 Step forward left drawing right up to left, run back right, left, right
Optional styling: Bend forward and stretch arms out to side on count 31, then bring them towards the chest as if calling someone to come to you as you do the back running steps
34&35&36 Step back on left, hook right foot over left shin, step forward right, lock left behind, step forward right