

Run Boy Run

拍數: 64 牆數: 3 級數: Intermediate
編舞者: Mathias Pflug (DE) - November 2013
音樂: Run Boy Run - Woodkid



[1 - 8] Side L, Hold-Together, Side, Touch, Side, Behind, Chassé Turn 1/4 R

1- 2 & Step L To L Side, HOLD, Step R Beside L
3 - 4 Step L To L Side, Touch R Beside L
5 - 6 Step R To R Side, Cross L Behind R
7 & 8 Step R To R Side, Step L Beside R, 1/4 Turn R Stepping R Forward (3.00)

[9 - 16] Step Turn 3/4 R, Side, Behind, Chasse Turn 1/4 L, Step Turn 1/2 L

1 - 2 Step L Forward, 3/4 Turn R On Both Balls (12.00)
3 - 4 Step L To L Side, Cross R Behind L
5 & 6 Step L To L Side, Step R Beside L, 1/4 Turn L Stepping L Forward (9.00)
7 - 8 Step R Forward, 1/2 Turn L On Both Balls (3.00)

[17 - 24] Stomp R, Hold, Toe Strut Turn 1/2 R, Back Rock, Walk (R - L)

1 - 2 Stomp R Forward, HOLD
3 - 4 Touch L Toe Forward, 1/2 Turn R + Drop Down L Heel (9.00)
5 - 6 Step R Back, Recover On L
7 - 8 Step R Forward, Step L Forward

[25 - 32] Heel Grind R & Heel Grind L & Heel Grind Turn 1/2 R, Coaster Step

1 - 2 & R Heel Grind, Step L Back, Step R Beside L
3 - 4 & L Heel Grind, Step R Back, Step L Beside R
5 - 6 1/2 Turn R While Heel Grinding On R, Step Back On L (3.00)
7 & 8 Step R Back, Step L Beside R, Step R Forward

[33 - 40] Heel L & Heel & Heel-Hook-Heel & Heel R & Heel & Step, Scuff

1 & Touch L Heel Forward, Step L Beside R
2 & Touch R Heel Forward, Step R Beside L
3 & Touch L Heel Forward, Hook L In Front Of R
4 & Touch L Heel Forward, Step L Beside R
5 & Touch R Heel Forward, Step R Beside L
6 & Touch L Heel Forward, Step L Beside R
7 - 8 Step R Forward, Scuff L Heel Next To R

[41 - 48] Shuffle Fwd, Step Turn 1/2 L - R

1 & 2 Left Shuffle Fwd (L-R-L)
3 - 4 Step R Forward, 1/2 Turn L On Both Balls (9.00)
5 & 6 Right Shuffle Fwd (R-L-R)
7 - 8 Step L Forward, 1/2 Turn R On Both Balls (3.00)

*** Restart The Dance Here During 1st And 2nd Rotation***

[49 - 56] Rock Fwd L & Rock Fwd R, Coaster Step, Step, Scuff

1 - 2 & Step L Forward, Recover On R, Step L Beside R
3 - 4 Step R Forward, Recover On L
5 & 6 Step R Back, Step L Beside R, Step R Fwd
7- 8 Step L Forward, Scuff R Heel Next To L

[57 - 64] Step R, Step Turn 1/4 R, Cross, Side Rock, Behind-Side-Cross

- 1 Step R Forward
- 2 - 3 Step L Forward, 1/4 Turn Right On Both Balls (6.00)
- 4 Cross L Over R
- 5 - 6 Step R To R Side, Recover On Left
- 7 & 8 Cross R Behind L, Step L To L Side, Cross R Over L

START AGAIN AND DO NOT FORGET TO SMILE.

Note: This dance is specially choreographed for Sarah Röder.

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