

Runnin'

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Mirko Savinelli (IT) - December 2013
音樂: Runnin' Out of Air - Love and Theft



Start dancing on lyrics

STEP, HOLD, KICK BALL STEP, STEP, HOLD, STEP, TURN, STEP

1-2 Step right forward, hold
3&4 Kick left forward, step left together , step right forward
5-6 Step left forward, hold
7&8 Step right forward, turn ½ left, step right forward

TOE SIDE, HOLD, KICK, CROSS, SINCOPATED ROCK SIDE, CROSS, HOLD, TURN ¼ & BUMP'S

1-2 Touch toe left to side, hold
3& Kick left forward, cross left over right
4&5 step right to side, recover to left, cross right over left
6 Hold
7&8 Turn ¼ to right & step left to side & 3 Bump's left, right, left

WAVE, VAUNDEVILLE, SCUFF, STEP BACK, HEEL FORWARD

1&2 Step right behind left, step left to side, step right over left
&3&4 Step left back, heel right forward, step right together, cross left over right
&5&6 Step right back, heel left forward, step left together , cross right over left
7&8 Scuff left, step left back, heel right forward

FLICK BACK, TOE SIDE, HEEL SWITCHES, TOE BACK, TURN ½ LEFT, KICK BALL STEP, STEP

&1 Turn ¼ left & flick right back, touch toe right to side
&2&3 Step right together , heel left forward, step left together, heel right forward
&4-5 Step right together , touch toe left back, turn ½ left (weight to right)
6&7-8 Kick left forward, step left together, step right forward, step left forward

2° Restart - Wall 5

SHUFFLE DIAGONAL RIGHT, SHUFFLE DIAGONAL LEFT, ROCK STEP FORWARD, SHUFFLE TURN ½ RIGHT

1&2 Step right diagonal right, step left together, step right diagonal right
3&4 Step left diagonal left, step right together, step left diagonal left
5-6 Step right forward, recover to left
7&8 Turn ¼ right & step right to side, step left together, turn ¼ right & step right forward

ROCK SIDE & CROSS, WAVE, ROCK SIDE & CROSS, STEP SIDE, TURN ½ RIGHT & STEP, STEP

1&2 Step left to side, recover to right, cross left over right
&3&4 Step right to side, cross left behind right, step right to side, cross left over right
5&6 Step right to side, recover to left, cross right over left
7&8 Step left to side, turn ½ right & step right forward, step left forward

1° Restart - Wall 2

STEP SIDE, TOGETHER, STEP FORWARD, ROCK STEP, SHUFFLE TURN ½ LEFT, FULL TURN

1&2 Step right side, step left together, step right forward
3-4 Step left forward, recover to right
5&6 Turn ¼ left & step left to side, step right together, turn ¼ left & step left forward
7-8 Turn ½ left & step right back, turn ½ left & step left forward

RESTARTS:-

1° restart wall 2 after 48 count

2° restart wall 5 after 32 count

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