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Ant-Man Run

21 Count, 4 Wall, level

Choreographer: Anthony Ivancich (Aug 2015)

Choreographed to: Theme from Ant-Man The Movie
by Christophe Beck

Four wall dance (21 counts or 3X slow, slow, quick, slow)

Basic Step: The rhythm of this music is in a 7 count. It is easier to count each measure as slow, slow, quick, slow (1&2 Slow, 3&4 Slow, 5 Quick, 6&7 Slow).

First Measure

Slow Right foot small run forward

Slow Left foot small run forward

Quick Right foot step beside Left

Slow Left foot small run forward and begin 1/4 turn left

Second Measure

Slow Finish 1/4 turn left and small run to right side to end facing new wall

Slow Kick left foot behind right knee (right does small hop or lift at same time)

Quick Left foot step to left side

Slow Right foot step next to left foot

Third Measure (Repeat measure two to other side)

Slow Left small run to left side

Slow Kick right foot behind left knee (left does small hop or lift at same time)

Quick Right foot step to right side

Slow Left foot step next to right foot

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