

## Run For Your Life

32 Count, 4 Wall, level

Choreographer: Lynne Martino (USA) Oct 2009

Choreographed to: Cowboy Casanova

by Carrie Underwood

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Start right after Carrie sings "You better take it from me"

**1-8 Walk, Walk, Rock, Recover, Cross, Point, Cross**

- 1,2,3,4 Walk forward on R(1) Hold (2), Walk forward on L(3), Hold(4)  
&5,6 Rock R to right side(5), recover weight on L (&), cross R over L (6)  
7,8 Point L to left side (7), cross L over R (8)

**9-16 ¼ Turn, Step Together, Coaster Step, Step Forward, ½ Turn, ½ Turn, Step Together**

- 1,2 Step ¼ right side on R(1), Step L next to R (2) (3 o'clock)  
3&4 Step R back (3), Step L next to R (&), Step R forward (4)  
5,6 Step L forward(5) make a ½ turn right stepping forward on R(6) (9 o'clock)  
7,8 Step back on L making a ½ turn right (7), step R next to L (8) (3 o'clock)

**17-24 Left & Right Heel Jacks, Heel, Step, Touch, Step, Heel, Step, Touch, Step**

- 1&2& Touch L heel forward (1), step on L(&), cross step R over L(2), step on L(&)  
3&4& Touch R heel forward (3), step on R (&), cross step L over R(4), step on R(&)  
5&6& Touch L heel forward (5), step on L (&), touch R next to L (6), step on R(&)  
7&8& Touch L heel forward (7), step on L (&)\*\*touch R next to L(8), step on R (&)

**\*\*Restart****25-32 ¼ Turn, Step Forward, ½ Turn, ¼ Turn, 2 Steps Back, Coaster Step**

- 1,2 Step L ¼ left forward(1), Step R forward(2) (6 o'clock)  
3,4 Make ½ pivot turn left putting weight on L (3), step ¼ right on R (4) (3 o'clock)  
5,6 Step back on L(5), step back on R(6)  
7&8 Step L back(7), step R next to L (&), step L forward (8)

**\*\*Restart on 5<sup>th</sup> wall**(12 o'clock) on third set of 8 after counts 7&-Restart**Finish on front wall:** You will start the dance again on Wall 10(3 o'clock). Do the first set of 8, but instead of pointing the L to the left side on count 7, sweep it around ¼ turn right to the front wall and cross it over the R for count 8.