

RUNNING MAN

- 1 Step forward on right foot
& Scoot back on right foot and lift left knee
2 Step forward on left foot
& Scoot back on left foot and lift right knee
3 Step forward on right foot
& Scoot back on right foot and lift left knee
4 Step forward on left foot

& OUT OUT, CLAP, & IN IN, CLAP**/At end of out out, feet will be shoulder width apart**

- & Step out to right side on right foot
5 Step out to left side on left foot
6 Clap
& Step in to center on right foot
7 Step in to center on left foot
8 Clap

OUT OUT, IN IN, OUT OUT, IN IN

- 9 Step out to right side on right foot
& Step out to left side on left foot
10 Step in to center on right foot
& Step in to center on left foot
11 Step out to right side on right foot
& Step out to left side on left foot
12 Step in to center on right foot
& Step in to center on left foot

MJ TURN

- 13 Hop both feet out to shoulder width
14 Hop both feet to center and cross right foot over left foot
15 Unwind 1/2 turn to left
& Lift both heels up
16 Pop both heels on floor

SIDE ROCK, CROSS SHUFFLE**/Shuffle travels diagonally towards left-10:30**

- 17 Step right foot to right side and rock
18 Rock weight back to left foot
19 Step right foot in front of left foot
& Step left foot diagonally forward to left
20 Step right foot in front of left foot

HEEL JACKS

- & Step left foot diagonally back to left (7:30)
21 Tap right heel diagonally forward to right (1:30)
& Step right foot to center
22 Cross step left foot in front of right foot
& Step right foot back diagonally to right (4:30)
23 Tap left heel diagonally forward to left (10:30)
& Step left foot to center
24 Step right foot beside left foot, weight to both feet

APPLEJACKS FOR 6 BEATS, 1/4 TURN

- 25 With weight on left heel and right ball, swivel right heel and left toe to the left
& Return to center

26 Change weight to left ball and right heel, swivel left heel and right toe to the right
& Return to center
27 With weight on left heel and right ball, swivel right heel and left toe to the left
& Return to center
28 Change weight to left ball and right heel, swivel left heel and right toe to the right
& Return to center
29 With weight on left heel and right ball, swivel right heel and left toe to the left
& Return to center
30 Change weight to left ball and right heel, swivel left heel and right toe to the right
& Return to center
31 Stomp right foot forward and pivot 1/4 turn to left
32 Step left foot forward

REPEAT

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