

### Running Man

- 1 Stomp Right Foot Forward.  
& Scoot Right Foot Back Lifting Left Foot Up Beside Right Calf.  
2 Stomp Left Foot Forward.  
& Scoot Left Foot Back Lifting Right Foot Up Beside Left Calf.  
3 & 4 & Repeat Steps 1 & 2 &

### Stomp, Clap. Step, Stomp, Clap.

- 5 - 6 Stomp Right Foot Forward, Clap Hands.  
& 7 Step Left Next To Right, Stomp Right Forward.  
8 Clap Hands

### Cross Step.. Cross Unwind. Body Rolls

- 9 Cross Right Foot Behind Left Foot.  
& Step Left Foot To Left Side.  
10 Cross Right Foot In Front Of Left Foot.  
11 Stomp Left Foot Next To Right Foot.  
& Kick Left Foot Forward At 45 Degree Angle Left.  
12 Cross Left Foot In Front Of Right Placing Left Toe On Floor.  
13 - 14 Unwind Slowly Making 1/2 Turn Right  
15 - 16 Body Roll (ending With Weight On Left Foot)

### Kick & Touch/pivot Turn/scissor

- 17 Kick Right Foot Forward  
& 18 Step Down On Right And Extend Left Heel Forward  
& 19 Step Left Next To Right And Step Forward On Right Foot.  
20 Pivot 1/2 Turn Left

### Stomp / Scissor Hitch & Clap

- 21 Stomp Right Foot Forward  
& 22 On Balls Of Feet Twist Heels In & Back To Place.  
& 23 Hitch Right Knee & Clap  
24 Step Down On Right.

### Body Rolls (snake) (from Head Down To Waist)

- 25 - 26 Side Moving Body Roll To Left (like Snake)  
27 - 28 Side Moving Body Roll To Right ( Like Snake)

### Heel Jacks Or Electric Boogie

- & Spring Onto Right Foot At 45 Degrees Back Right  
29 Touch Left Heel 45 Degrees Forward Left.  
& 30 Spring Feet Together Ending With Weight On Right Foot.  
& Spring Back Onto Left Foot At 45 Degrees Back Left.  
31 Touch Right Heel 45 Degrees Forward Right.  
& 32 Spring Feet Together Ending With Weight On Right Foot.

### Pivot Turns/ Scoot Forward

- 33 - 34 Step Forward On Left Foot And Pivot A 1/2 Turn Right  
35 - 36 Step Forward On Left Foot And Pivot A 1/2 Turn Right  
& Step Forward Left  
37 Step Right Beside Left, Feet Shoulder Width Apart.  
38 - 39 With Knees Bent Scoot Forward On Both Feet Twice.  
40 Lift Right Knee Up And Clap Hands At Same Time.

### 1+1/4 Rolling Grapevine Right

- 41 Right Steps To Right Side Making 1/4 Turn Right.  
42 Pivot A 1/2 Turn On Right, Swinging Left Around Clockwise  
43 Place Weight On Left And Swing Right Around For 1/2 Turn

44 Step Left Apart From Right.

**Elvis Legs**

45 Bend (pop) Right Knee In Towards Left Leg.

46 Straighten Right Knee And Bend (pop) Left Knee In.

47 & 48 Bend Right Knee In, Bend Left Knee & Then Right Knee In.

**End With Weight On Left Foot, And Start Dance Again.**

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute