

Running Out Of Air

56 Count, 4 Wall, Improver

Choreographer: Roz Chaplin (UK) Oct 2012

Choreographed to: Running Out Of Air of Love and Theft,

CD: Love and Theft (105bpm)

Intro start on: I Gotta Catch My Breath

1 CROSS ROCK, SIDE ROCK, SHUFFLE FORWARD X2

- 1-2 Cross rock right over left, recover onto left
- 3-4 Rock right to right side, recover onto left
- 5&6 Step forward on right, close left beside right, step forward right
- 7&8 Step forward on left side, close right beside left, step forward left

2 MONTEREY ½ TURN. MONTEREY ¼ TURN

- 1-2 Touch right to right side, on ball of left make ½ turn stepping right beside left (6)
- 3-4 Touch left to left side, step left beside right
- 5-6 Touch right to right side, turn ¼ right stepping right beside left (9)
- 7-8 Touch left to left side, step left beside right

3 FORWARD ROCK, STEP LOCK STEP, STEP LOCK STEP, BACK ROCK

- 1-2 Rock forward right, recover onto left
- 3&4 Step back on right, lock left in front of right, step back on right
- 5&6 Step back on left, lock right in front of left, step back on left
- 7-8 Rock back on right, recover onto left

4 SIDE ROCK BEHIND, SIDE, CROSS, SIDE ROCK BEHIND ¼ TURN

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5-6 Rock left to left side, recover onto right
- 7&8 Cross left behind right, turn ¼ turn right stepping to right side, step forward on left (12)

Restart Here Wall 5

5 FORWARD ROCK, FULL TURN, REVERSE ROCKING CHAIR

- 1-2 Rock forward on right, recover onto left
- 3-4 Make ½ turn back stepping right forward, ½ turn stepping back on left
- 5-6 Rock back on right, recover onto left
- 7-8 Rock forward on right, recover onto left

6 SIDE ROCK, CROSS SHUFFLE, SIDE, ¼ TURN, LEFT SHUFFLE FORWARD

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Step left to left side, ¼ turn right stepping right to right side (3)
- 7&8 Step forward left, close right beside left, step left forward

Restart Here Wall 2

7 TOE STUTS X2, JAZZ BOX

- 1-2 Touch right toe forward, Drop right heel taking weight
- 3-4 Touch left toe forward, drop left heel taking weight
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right side, step forward on left