

I'll Keep Running

48 Count, 2 Wall, Intermediate

Choreographer: Brian Woodford (UK) Mar 2016

Choreographed to: Running by James Bay.

Single live from Abbey Road Studios 2016

One restart during wall 4.

- Section 1: Basic N.C., Lt Lock Lt, Step Turn Step, Turn, Turn.**
1,2& Long step rt to side (1), Rock lt behind rt (2), Cross rt over lt (&)
3&4 Step lt to lt diag (3), Lock rt behind lt (&), Step lt to lt diag (4) (10:30)
5&6 Step rt to lt diag (5), Turn ½ lt on rt hooking lt to rt ankle (&), Step lt to lt diag (6) (4:30)
7,8 Turn ½ lt stepping back rt (7), Turn ½ lt stepping fwd lt. (4:30)
- Section 2: Mambo Turn , Turn, Turn, Mambo, Sailor Turn.**
1&2 Rock fwd on rt squaring up to 6:00 (1), Replace weight on lt (&), Turn ½ rt stepping fwd on rt (2) (12:00)
3,4 ½ Turn rt stepping back on lt (3)
****Dance Finish Here, See Note Below,**
½ Turn rt stepping fwd on rt (4) (12:00)
5&6 Rock fwd on lt (5), Recover weight on rt (&), Step back on lt (6)
7&8& Sweep rt round making ½ turn rt on rt (7), Step lt to side (&), Step rt in place (8), Close lt next to rt (&) (6:00)
***Restart Here On Wall 4, See Note Below**
- Section 3: Run, Lunge Rock, Chase Turn, Prissy Walk X 2.**
1&2 Run fwd rt (1), lt (&), rt (2)
3,4& Lunge fwd on lt (3), Recover weight on rt (4) Step lt next to rt (&)
5&6 Step fwd on rt (5), Pivot ½ turn lt (&), Step fwd on rt (6) (12:00)
7,8 Cross lt fwd over rt (7), Cross rt fwd over lt (8)
- Section 4: Chasse Turn Lt, Cross Unwind, Chasse Turn Rt, Mambo.**
1&2 Step lt to side (1), Step rt next to lt (&). Turn ¼ lt stepping lt fwd (2) (9:00)
3,4 Cross rt over lt (3), Unwind ¾ turn lt (4) (12:00)
5&6. Step rt to side (5), Step lt next to rt (&), Turn ¼ rt stepping rt fwd. (6) (3:00)
7&8 Rock fwd on lt (7), Recover weight on rt (&), Step back on lt (8).
- Section 5: Monterey Point Close, Sway X 2, Shuffle, Turn Shuffle.**
1&2 Point rt to side (1), Turn ¼ rt stepping rt next to lt (&), Point lt to side (2) (6:00)
&3,4 Close lt next to rt (&), Step rt to side swaying rt (3), Sway lt (4)
5&6 Step rt fwd (5), Step lt next to rt (&), Step rt fwd (6)
7&8 ½ Turn rt stepping back lt (7), Step rt next to lt (&), Step back lt (8) (12:00)
- Section 6: Turn Shuffle, Mambo, Coaster Cross, Basic N.C.**
1&2 ½ turn rt stepping fwd on rt (1), Step lt next to rt (&), Step fwd on rt (2) (6:00)
3&4 Rock fwd on lt (3), Recover weight on rt (&), Step back on lt (4)
5&6 Step back on rt (5), Step lt next to rt (&), Cross rt over lt (6)
7,8& Long step side on lt (7), Rock rt behind lt (8), Cross lt over rt (&) (6:00)
- Start Again.**
- Restart:** There is one restart on wall 4 which starts facing 6:00. Dance up to count 16&* then restart from beginning facing 12:00.
- Finish:** To finish facing 12:00 last wall 6 which starts facing 6:00. Dance up to count 11** facing 12:00 then dance a coaster cross [Step back on rt (12), Step lt next to rt (&), Cross rt over lt (13), hold]
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