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Run

96 Count, 0 Wall, Improver (Phrased)

Choreographer: Raymond Sarlemijn (NL) & Darren Bailey (UK)
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Choreographed to: Run by Tiggs da author

Counts/Walls: A, B, A, B, B, A, 32 counts of A, B, B, A, A

Part A – 64 Counts

Section 1 **Point R, Touch, Side R, Touch L, L Vine With ¼ Turn L And Scuff**

1-2 Point RF to R side, Touch RF next to LF
3-4 Step RF to R side, Touch LF next to RF
5-6 Step LF to L side, Cross RF behind LF
7-8 Make a ¼ turn L and step forward on LF, Scuff RF forward

Section 2 **Forward R, ¼ Turn L With Touch, Side L, Touch R, Forward R, ¼ Turn L With Touch, Side L, Touch R**

1-2 Step forward on RF, make a ¼ turn L and touch LF next to RF
3-4 Step LF to L side, Touch RF next to LF
5-6 Step forward on RF, make a ¼ turn L and touch LF next to RF
7-8 Step LF to L side, Touch RF next to LF

Section 3 **R Lock To R Diagonal, Touch, L Lock To L Diagonal, Touch**

1-2 Step RF forward to R diagonal, Lock LF behind RF
3-4 Step RF forward to R diagonal, Touch LF next to RF
5-6 Step LF forward to L diagonal, Lock RF behind LF
7-8 Step LF forward to L diagonal, Touch RF next to LF

Section 4 **Out R, Out L, In R, In L, R Hand In, L Hand In, R Hand Forward, L Hand Forward**

1-2 Step RF to R side, Step LF to L side
3-4 Step RF In towards LF, Step LF next to RF
5-6 Push R hand down in front of you, Push L hand down in front of you
7-8 Push R hand forward, Push L hand forward

Section 5 **Back Diagonal R, Touch, Back Diagonal L, Touch, Back Diagonal R, Touch, Side L, Touch**

1-2 Step RF back to R diagonal, Touch LF next to RF
3-4 Step LF back to L diagonal, Touch RF next to LF
5-6 Step RF back to R diagonal, Touch LF next to RF
7-8 Step LF to L side, Touch RF next to LF

Section 6 **Step R, Close, X4**

1-2 Step RF to R side, Close LF next to RF
3-4 Step RF to R side, Close LF next to RF
5-6 Step RF to R side, Close LF next to RF
7-8 Step RF to R side, Touch LF next to RF

Section 7 **Step L, Bounce Or Pop, Step L, Bounce Or Pop**

1-2 Step LF to L side, Pump chest forward twice (or two little bounces)
3-4 Close RF next to LF, Hold
5-6 Step LF to L side, Pump chest forward twice (or two little bounces)
7-8 Touch RF next to LF, Hold

Section 8 **Paddle Turns Making A ½ Turn L**

1-2 Step RF to R side, Make a 1/8 turn L (take weight onto LF)
3-4 Step RF to R side, Make a 1/8 turn L (take weight onto LF)
5-6 Step RF to R side, Make a 1/8 turn L (take weight onto LF)
7-8 Step RF to R side, Make a 1/8 turn L (take weight onto LF)

Part B – 32 Counts

Section 1 Slow Motion Run R, Slow Motion Run L, Run Forward R, L, R, L

- 1-2 Step forward on ball of RF, push LF back across floor
- 3-4 Step forward on ball of LF, push RF back across floor
- 5-6 Step forward on RF, Step forward on LF
- 7-8 Step forward on RF, Step forward on LF

Section 2 Slow Motion Run R, Slow Motion Run L, Run Back R, L, R, L

- 1-2 Step forward on ball of RF, push LF back across floor
- 3-4 Step forward on ball of LF, push RF back across floor
- 5-6 Step back on RF, Step back on LF
- 7-8 Step back on RF, Step back on LF

Section 3 Weave To R, Cross Rock With R, Recover, Side, Hold

- 1-2 Cross RF in front of LF, Step LF to L side
- 3-4 Cross RF behind LF, Step LF to L side
- 5-6 Cross rock RF in front of LF, Recover onto LF
- 7-8 Step RF to R side, Hold

Section 4 Weave To L, Cross Rock With L, Recover, Side, Hold

- 1-2 Cross LF in front of RF, Step RF to R side
- 3-4 Cross LF behind RF, Step RF to R side
- 5-6 Cross rock LF in front of RF, Recover onto RF
- 7-8 Step LF to L side, Hold

Hope you enjoy the dance.

Live to Love; Dance to Express.
