

## Running

48 Count, 4 Wall, Improver  
Choreographer: Adrian Helliker (FR) &  
Tina Chen Sue Huei (TW) Mar 2016  
Choreographed to: Running by Mike Lane

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### Intro: 8 counts into track

- Section 1**      **Right Tap X2, Behind, Side, Cross, Left Tap X2 , Behind, Side, Cross**  
1 -2            Tap right heel forward twice to right diagonal  
3&4            Step right behind left, step left to left side, cross right over left  
5 -6            Tap left heel forward twice to left diagonal  
7&8            Step left behind right, step right to right side, cross left over right
- Section 2**      **¼ Right Walk Forward, ¼ Turning Chasse, ¼ Right Walk Forward, Right Shuffle Forward**  
1-2            ¼ turn right stepping right forward (3:00), step left forward  
3&4            ¼ turn right stepping right forward(6:00), step left beside right, step right forward  
5-6            ¼ turn right stepping left forward(9:00), step right forward  
7&8            Right shuffle forward, stepping Left-Right-Left
- Section 3**      **Point Forward, Step Back, Coaster Step Left, Shuffle Forwards Right, ½ Turning Shuffle**  
1-2            Point right forward, step back on right  
3&4            Step back on left, step right beside left, step left forward  
5-6            Forward on right, close left beside right, step forward on right  
7&8            ½ Turning shuffle turning right stepping left, right, left (3:00)
- Section 4**      **Side Rock, Recover, Cross Rock, Recover, Side Rock, Recover, Cross Right & Left**  
1&2&          Rock right to right side, recover onto left, rock right over left, recover onto left  
3&4            Rock right to right side, recover onto left, cross right over left weight on right  
5&6&          Rock left to left side, recover onto right, rock left over right, recover onto right  
7&8            Rock right to right side, recover onto left, cross right over left weight on right
- Section 5**      **Right Tap X2, Behind, Side, Cross, Left Tap X2 , Behind, ¼ Step, Forward**  
1-2            Tap right heel forward twice to right diagonal  
3&4            Step right behind left, step left to left side, cross right over left  
5-6            Tap left heel forward twice to left diagonal  
7&8            Step left behind right, ¼ turn right stepping forward on right, step left forward (6:00)
- Section 6**      **Walk X2, Right Kick Ball, ¼ Right Mambo Fwd, Left Cross Mambo**  
1&2            Walk forward right, walk forward left  
3-4            Kick right foot forward, step right ball back in place, step left forward  
5&6            Rock forward on right, recover back on left, ¼ turn stepping right to right side (9:00)  
7&8            Cross rock left over right, recover back on right, step left to left side