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Live And Run

32 Count, 4 Wall, Beginner

Choreographer: JMP (South Korea) Sept. 2016

Choreographed to: Sali Go Dali Go by Jong Min Kim

Restart : On Wall 4 Restart after 16 counts (9:00)

Dance start after a 16 count Intro

S1. Walk X3 , Touch , Walk Back X3 , Touch

1-4 Step R forward, Step L forward, Step R forward, Touch L to side

5-8 Step L back, Step R back, Step L back, Touch R to side

(Hand gesture – In front of the chest, cross the forward from the back of your right hand and roll 3 times and 1 clap)

S2. Walk X3 , Hitch , Walk Back X3 , Hitch

1-4 Step R forward, Step L forward, Step R forward, Hitch L

5-8 Step L back, Step R back, Step L back, Hitch

(Hand gesture – 4 count stretches right-hand chest forward,

The left hand extends all the way to the side, 8 count stretches left-hand chest forward, The right hand extends all the way to the said)

***Restart – On Wall 4 after 16 counts**

S3. Step Forward, Touch X4

1-4 Step R forward, Touch L to side, Step L forward, Touch R to side

5-8 Step R forward, Touch L to side, Step L forward, Touch R to side

(Hand gesture – Bend both hands up and down bend at right angles)

S4. Jazz Box 1/4 Turn Right , Walking On The Spot

1-4 Cross R over left, Step L back, Step R forward, Turn 1/4 right and step L together

5-8 Step R right, Step L in place, Step L left, Step R in place

(Bring your body up and down, Hand movements in front of left chest, Fold it up and down the right hand)

Ending : Wall 12 after 16counts Taps R 3/4 turn left Step Hitch (12:00)

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