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No More Runnin'

32 Count, 4 Wall, Intermediate

Choreographer: Helen Woods – April 2017

Choreographed to: Runnin' by Pharrell Williams [Album:
Hidden Figures: The Album] (137 BPM)

#8 count intro (7 irregular beats), support on left

Section 1: Step, Together Back, Together, Step, Step, Together Back, Together, Step (12:00)

- 1 Step right forward
- 2& Step left together, step right back
- 3 Step left together
- 4 Step right forward
- 5 Step left forward
- 6& Step right together, step left back
- 7 Step right together
- 8 Step left forward (12:00)

Section 2: Step (TURN ½ Left), Replace Together, Step, Step, Rock, Recover, Together, Rock, Recover (6:00)

- 1 Step right forward then turn ½ left (6:00)
- 2& Replace left, step right together
- 3 Step left forward
- 4 Step right forward
- 5 Rock left forward
- 6& Recover right, step left together
- 7 Rock right back
- 8 Recover left (6:00)

Section 3: Step, Lock Step, Step, Lock Step, Step (TURN ½ Left), Replace, Step (TURN ¼ Left), Replace (9:00)

- 1 Step right diagonally forward
- 2& Lock left behind right, step right diagonally forward
- 3 Step left diagonally forward
- 4& Lock right behind left, step left diagonally forward
- 5 Step right forward then turn ½ left (12:00)
- 6 Replace left
- 7 Step right forward then turn ¼ left (9:00)
- 8 Replace left (9:00)

Section 4: Cross, Back Side, Step, Step (TURN ½ Right), Back (TURN ½ Right), Step Together, Step, Step (9:00)

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4 Step right forward then turn ½ right (3:00)
- 5 Step left back then turn ½ right (9:00)
- 6& Step right forward, step left together
- 7 Step right forward
- 8 Step left forward (9:00)

REPEAT

ENDING: During 15th rotation replace Section 4 with the following section

Ending Section 4:

Cross, Back Side, Step, Step (TURN ¼ Left) Cross (12:00)

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4& Step right forward then turn ¼ left, step left across right (12:00)

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