

Run

48 Count, 2 Wall, Intermediate (Waltz)

Choreographer: Anne Herd & Lorraine Shelton (AU) Apr 2017

Choreographed to: Run by Marsha Ambrosius

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- Intro:** **Start On Lyrics 24 Counts In On Word 'Run' Weight On R**
- Section 1:** **Cross Walz, Back, Point, Hold**
1-2-3 Cross L over R, Rock R to side, Recover to L
4-5-6 Cross R behind L, Point L toe to side, Hold
- Section 2:** **Cross Unwind 1/2 R, 1/4 Sweep**
1-2-3 Cross L over R, Unwind 1/2 R over two counts (Take weight to L)
4-5-6 Turn 1/4 R stepping fwd. on R as you sweep L around for two counts (9:00)
- Section 3:** **Waltz Forward Making 1/4 Turn L, Waltz Back Making 1/4 Turn (Inverted Box)**
1-2-3 Waltz fwd. stepping LRL as you turn 1/4 L
4-5-6 Waltz back stepping RLR as you turn 1/4 L stepping RLR (3:00)
- Section 4:** **Waltz Forward Making 1/4 Turn L, Waltz Back (Inverted Box Cont.)**
1-2-3 Waltz fwd. stepping LRL as you make a 1/4 turn L
4-5-6 Waltz back stepping RLR (12:00)
Restarts Go Here
- Section 5:** **Cross Waltz, Cross Waltz ,1/4, 1/2**
1-2-3 Cross L over R, Step R to side, Step L to side
4-5-6 Cross R over L Turn 1/4 R, Stepping back on L, Turn 1/2 R stepping fwd. on R (9:00)
- Section 6:** **Step Drag, Rock/Recover. 1/2 Turn**
1-2-3 Step fwd. on L, Drag R towards L over two counts
4-5-6 Rock fwd. on R/Recover to L, Turn 1/2 over R stepping fwd. on R (3:00)
- Section 7:** **1/4, R, Drag, Sailor Step**
1-2-3 Turn ¼ R, Stepping L to side, and Drag R towards L over two counts
4-5-6 Cross R behind L, Step L to side, Step R to side (6:00)
- Section 8:** **Behind, Side Cross, Step Drag**
1-2-3 Cross L behind R, Step R to side, Cross L over R
4-5-6 Step R to side, Drag L beside R over two counts
- Begin Again**
- Restarts:** **On Walls 2 And 7 Dance To Count 24 (You Will Be Facing 6:00 Both Times) And Restart Dance.**
- Note:** **A More Advanced Option For Counts 30-32 Is A 1 1/4 Rolling Turn R.**
Turn 1/4 R, Step L to side, Turn 1/2 R, Step R to side, Turn 1/2 R Step L to side.
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