



EZ Running

16 Count, 2 Wall, Beginner

Choreographer: Betty Lee (CA) Dec 2018

Choreographed to: Running by James Bay

Intro: 32 counts

SECTION 1 R NIGHTCLUB BASIC, SIDE, STEP-LOCK-STEP, FORWARD ROCK, BACK-LOCK-BACK

1, 2&3 Big step R to R side (1), Rock back on L (2), Recover onto R (&), Step L to L side (3)

4&5 Step Fwd R, Lock step L behind R, Step Fwd R

6,7 Rock step Fwd on L, Recover onto R

8&1 Step back L, Lock step R in front of L, Step back L

SECTION 2 SWAY R-L, R COASTER, STEP, PIVOT ½ R, STEP

2,3 Step R to R side swaying hips to R, Sway hips to L (weight onto L)

4&5 Step back R, Step L next to R, Step Fwd R

6,7,8 Step fwd L, Pivot ½ turn R weight onto R, Step Fwd L (6:00)

REPEAT

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