

Running Polka

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Choreographed by: Jean Pierre Madge (CH) May 2021

Choreographed to: Run by OneRepublic

Intro: 16 Counts. Start on vocal at approx 8 secs.

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SEC 1 1-2 &3-4 5&6&7 8	HEEL GRIND & CROSS, SIDE, WEAVE & TOUCH, UNWIND ¾ L Press R Heel forward, Step L to L Bring R next L, Cross L over R, Step R to R, Step L behind R, Step R to R, Cross L over R, Step R to R, Touch L behind R Unwind ¾ L put your weight on L (3:00)
SEC 2 1&2 3&4 5&6& 7-8	TOUCH AND TWIST, COASTER STEP, HEELS OUT-OUT, BACK AND CROSS, SIDE, TOUCH Touch R forward as you twist both heels in, as you bring R behind, twist both heels out, Step R back and twist Heels is Step L back, Step R next L, Step L forward, Step R out on your heel, Step L out on your heel, Step R back, Cross L over R Step R to R side, Touch L next R
SEC 3 1&2 3&4 5-6 7-8	CHASSÉ L, ½ R CHASSÉ R, CROSS ROCK, SIDE, ¾ L Step L to L, Step R next L, Step L to L, Do ½ R and Step R to R, Step L next R, Step R to R (9:00) Cross Rock L over R, Recover ¼ L Step L forward, ½ L as you bring R next L without weight (12:00)
SEC 4 1&2 3&4 5-6 7-8	SHUFFLE BACK, ½ SHUFFLE FORWARD, CROSS, BACK, SIDE, TOGETHER Step R back, Step L next R, Step R next L ½ L Step L forward, Step R next L, Step L forward (6:00) Cross R over L, Step L back, Big Step R to R side as you bend over with the upper body from L to R, Bring L next R
1-2 &3-4 5-6-7 8&	Twice after Walls 1 & 4, Three Times after Wall 7 ROCK, RECOVER AND STEP ½ PIVOT R, FULL TURN, WALK, RUN RUN Rock R forward, Recover, Step R next L, Step L forward, Pivot ½ R step R forward ½ R Step L back, ½ R Step R forward, Step L forward Step R forward, Step L forward

