

Running Alone

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Choreographed by: Helena Jeppsson (SWE) Mar 2022
Choreographed to: Run To The Hills by Klara Hammarstrom
Intro: 16 Counts. Start at approx 10 secs.

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SEC 1	ROCK FWD X2, TRIPLE STEP BACK, ROCK STEP
1-2&	Rock fwd on RF, recover weight onto LF, step RF beside LF
3-4	Rock fwd on LF, recover weight onto RF
5&6	Step back on LF, step RF beside LF, step back on LF
7-8	Rock back on RF, recover weight onto LF
Restart	Here on Wall 10, dance the Tag the Restart
SEC 2	TRIPLE ½ TURN L, TRIPLE ¼ TURN L, CROSS, BACK, WEAVE
1&2	1/4 turn L stepping RF to right side, step LF beside RF, 1/4 turn L stepping back on RF (6:00)
3&4	1/4 turn L stepping LF to left side, step RF beside LF, step LF to left side (3:00)
5-6	Cross RF over LF, step back on LF
&7	Step RF beside LF, cross LF over RF
&8	Take a small step with RF to right side, step LF behind RF
Restart	Here on Wall 4, replace counts &7&8 with the following then Dance the Tag then Restart
7-8	1/4 turn R stepping fwd on RF, step fwd on LF
SEC 3	SIDE ROCK X2, SAILOR STEP X2
1-2&	Rock RF to right side, recover weight onto LF, step RF beside LF
3-4	Rock LF to left side, recover weight onto RF
5&6	Step LF behind RF, step RF to right side, step LF in place
7&8	Step RF behind LF, step LF to left side, step RF in place
SEC 4	CROSS ROCK, TRIPLE ¼ TURN L, STEP ½ TURN, WALK X2
1-2	Cross rock LF over RF, recover weight onto RF
3&4	Step LF to left side, step RF beside LF, 1/4 turn L stepping fwd on LF (12:00)
5-6	Step fwd on RF, ½ turn L shifting weight onto LF (6:00)
7-8	Step fwd on RF, step fwd on LF
Tag	At the end of Walls 2 and 6, after 16 counts of wall 4& after 8 counts of wall 10
	ROCKING CHAIR
1-2	Rock fwd on RF, recover to LF
3-4	Rock back on RF, recover to LF

