



Runway One

32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Martin Lamontagne (CAN) Feb 2026
Choreographed to: Runway One by WildGlow
Intro: 16 Counts. Start at approx 8 secs.

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SEC 1 KICK-BALL-STEP, STEP, ½ PIVOT, ½ SHUFFLE, COASTER STEP

- 1&2 Kick RF forward, step RF together, step LF forward
- 3-4 Step RF forward, pivot ½ turn left (6:00)
- 5&6 ½ Turn left step RF back, step LF together, step RF back (12:00)
- 7&8 Step LF back, step RF together, step LF forward

SEC 2 SHUFFLE ¼ TURN, STEP ½ TURN, ¼ SIDE SHUFFLE, KICK-BALL-STEP

- 1&2 ¼ Turn R step RF forward, step LF together, step RF forward (3:00)
- 3-4 Step LF forward, pivot ½ R taking weight on RF (9:00)
- 5&6 ¼ Turn R step LF side, step RF together, step LF side (12:00)
- 7&8 Kick RF forward, step RF together, step LF forward

SEC 3 STOMP, KNEE POP, SHOULDER RISES, KICK-BACK-TOUCH-STEP

- 1 Stomp RF forward bending knees
- &2 Roll knees left, roll knees right
- 3&4 Pop right shoulder, pop left shoulder, pop right shoulder
- 5-6 Kick RF forward, step RF back
- 7-8 Step LF together, step RF forward

SEC 4 ¼ TWIST, FLICK, SIDE SHUFFLE, SAILOR STEP

- 1-2 Twist both heels right, twist both heels left
- 3-4 Turn ¼ left twist both heels right again weight ends on LF, flick right foot behind left leg (9:00)
- 5&6 Step RF to R, step LF together, step RF to R
- 7&8 Cross LF behind R, step RF to R, step LF forward to left diagonal



Remember to Vote for your favourite dances at www.linedancerweb.com

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