

Run Run Run

Count: 64 Wall: 2 Level: Intermediate

Choreographer: Mike Liadouze (April 2014)

Music: Matt Nathanson & Sugarland – Run (110 BPM)



Introduction: 16 counts (after “UNDRESS”)

[1-8] 2x PADDLE TURN 1/2 LEFT, SWEEP 1/2 LEFT, BACK, FWD, 1/4 PIVOT RIGHT, CROSS, SIDE, SPIN 1/2 LEFT, SIDE

- 1&2& Step RF forward, ..1/2 turn L.. recover on LF, step RF forward, ..1/2 turn L.. recover on LF (12:00)
- 3-4 ..1/2 turn L.. sweep RF leaning body forward & R leg straight, step RF back (6:00)
- 5&6 Step LF forward, ..1/4 turn R.. recover on RF, cross LF over RF (9:00)
- &7-8 Step RF side, ..spin 1/2 turn L.. hooking LF over RF, step LF side (3:00)

[9-16] TOGETHER, SLOW SIDE ROCK, CROSS SHUFFLE, SIDE ROCK 1/4 LEFT

- &1-2 Step LF together, rock step LF side, HOLD (option : SNAP R fingers)
- 3-4 Recover on RF, slide LF next to RF
- 5&6 Cross LF over RF, step RF together, cross LF over RF
- 7-8 Rock step RF side, ..1/4 turn L.. recover on LF (12:00)

[17-24] 3x WALK FORWARD, HOLD, FWD, SIDE ROCK, CROSS, UNWIND 1/2 LEFT

- 1-4 Three step forward (R-L-R), HOLD (option : SNAP R fingers)
- 5&6 Step LF forward, rock step RF side, recover on LF
- 7-8 Cross RF over LF, ..unwind 1/2 turn L.. sweep LF back (6:00)

[25-32] SAILOR STEP, BACK ROCK, TOUCH, 2x WALK FORWARD, ANCHOR STEP

- 1&2 Cross LF behind RF, step RF side, step LF side
- 3&4 Cross rock RF behind LF, recover on LF, touch R toe side
- 5-6 Two step forward (R-L)
- 7&8 Cross RF behind LF, recover on LF, step RF slightly back

RESTART 3 (WALL 6) after count 30 replace ANCHOR STEP by 2x WALK FORWARD and restart dance (6:00)

[33-40] 3x WALK BACK, HOLD, BACK, SIDE ROCK, TOUCH, UNWIND 1/2 LEFT

- 1-4 Three step back (L-R-L), HOLD (option : SNAP L fingers)
- 5&6 Step RF back, rock step LF side, recover on RF
- 7-8 Cross touch L toe behind RF, ..unwind 1/2 turn L.. step LF forward (12:00)

[41-48] BODY ROLL BACK, 2x WALK BACK, LOCK, BACK, COASTER STEP

- 1-2 Body roll from head to feet, step RF back
- 3-6 Two step back (L-R), lock LF over RF, step RF back
- 7&8 Step LF back, step RF together, step LF forward

RESTART 2 (WALL 4) after count 48 restart dance (6:00)

[49-56] 2x WALK FORWARD, TRIPLE FWD 1/2 RIGHT, LOCK, BACK, BACK, ROCK BACK

- 1-2 Two step forward (R-L)
- 3&4 ..1/8 turn R.. cross RF over LF, ..1/8 turn R.. step LF side, ..1/4 turn R.. step RF slightly back (6:00)
- 5&6 Lock LF over RF, step RF slightly back, step LF slightly back

7-8 Rock step RF back, recover on LF

RESTART 1 (WALL 2) after count 56 restart dance (12:00)

[57-64] 2x (KICK BALL CHANGE, RUN RUN RUN)

1&2 Kick RF forward, step RF together, step LF slightly forward

3&4 Three step forward (R-L-R)

5&6 Kick LF forward, step LF together, step RF slightly forward

7&8 Three step forward (L-R-L)

Original : Mike Liadouze (Update : 24/09/2015) Email: mike.liadouze@gmail.com - Website: <http://mikeliadouze.free.fr>