

Running

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Adrian Helliker (Nuline Dance - FR) & Tina Chen Sue Huei (Taiwan) March 2016

Music: Running - Mike Lane

Intro: 8 counts into track

[1-8] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, SIDE, CROSS

- 1 -2 Tap right heel forward twice to right diagonal
- 3&4 Step right behind left, step left to left side, cross right over left
- 5 -6 Tap left heel forward twice to left diagonal
- 7&8 Step left behind right, step right to right side, cross left over right

[9-16] ¼ RIGHT WALK FORWARD, ¼ TURNING CHASSE, ¼ RIGHT WALK FORWARD, RIGHT SHUFFLE FORWARD

1-2¼ turn right stepping right forward (3:00) , step left forward

3&4¼ turn right stepping right forward(6:00) , step left beside right, step right forward

5-6¼ turn right stepping left forward(9:00), step right forward

7&8 Right shuffle forward, stepping Left-Right-Left

[17-24] POINT FORWARD, STEP BACK, COASTER STEP LEFT, SHUFFLE FORWARDS RIGHT, ½ TURNING SHUFFLE

1-2point right forward, step back on right

- 3&4 Step back on left, step right beside left, step left forward
- 5-6 Forward on right, close left beside right, step forward on right

7&8½ Turning shuffle turning right stepping left, right, left (3:00)

[25-32] SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS RIGHT & LEFT

- 1&2& Rock right to right side, recover onto left, rock right over left, recover onto left
- 3&4 Rock right to right side, recover onto left, cross right over left weight on right
- 5&6& Rock left to left side, recover onto right, rock left over right, recover onto right

7&8 Rock right to right side, recover onto left, cross right over left weight on right

[33-40] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, ¼ STEP, FORWARD

1-2 Tap right heel forward twice to right diagonal

3&4 Step right behind left, step left to left side, cross right over left

5-6 Tap left heel forward twice to left diagonal

7&8 Step left behind right, ¼ turn right stepping forward on right, step left forward (6:00)

[41-48] WALK X2, RIGHT KICK BALL, ¼ RIGHT MAMBO FWD, LEFT CROSS MAMBO

1&2 Walk forward right, walk forward left

3-4 Kick right foot forward, step right ball back in place, step left forward

5&6 Rock forward on right, recover back on left, ¼ turn stepping right to right side (9:00)

7&8 Cross rock left over right, recover back on right, step left to left side