

Run Like The River

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Dwight Meessen - August 2019

Music: "Run Like The River" by Meghan Trainor (album: Run Like The River) 116 bpm

Intro 16 counts

Side, Together, Chassé, Behind, Side, Cross, Point

1-2RF step side, LF together

3&4RF step side, LF together, RF step side

5-8LF cross behind, RF step side, LF cross over, RF point side

Jazz Box $\frac{1}{4}$ R Cross, Jump Touch, Hips, Jump Touch, Hips

1-4RF cross over, LF $\frac{1}{4}$ right step back, RF step side, LF cross over

&5&6RF jump side, LF touch beside, hips left, hips back again

&7&8LF jump side, RF touch beside, hips right, hips back again

option 5&6 and 7&8 on the words 'Run Like The River': bring hands and hips forward in a wavy motion

Back x2, Coaster, Fwd x2, Point x2

1-2RF step back, LF step back

3&4RF step back, LF together, RF step forward

5-6LF step forward, RF step forward

7-8LF point forward, LF point back

Rock Fwd Recover, Shuffle Bkw, Ball Rock Side Recover, Behind Side Cross

1-2LF rock forward, RF recover

3&4LF step back, RF step beside, LF step back

&5-6RF step beside on ball foot, LF rock side, RF recover

option 5-6 on the words 'Run Like The River': bring hands and hips left and back again in a wavy motion

7&8LF cross behind, RF step side, LF cross over [3]

Start again

Restarts: Dance the 2nd and 5th wall up to and including count 16 (count 8 of the 2nd section) and start again