

# BORN TO RUN (TO ME)

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Steve Mason

**Music:** She Was Born To Run by Brooks & Dunn

## FULL TURN RIGHT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

**1-2** Step right foot  $\frac{1}{2}$  turn right, continuing right make a further  $\frac{1}{2}$  turn stepping on to left foot

**Easier option: step right foot to right side, cross step left foot behind right foot**

**3&4** Step right foot to right side, close left foot to right foot, step right foot to right side

**5&6** Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

**7&8** Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

## FULL TURN LEFT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

**9-10** Step left foot  $\frac{1}{2}$  turn left, continuing left make a further  $\frac{1}{2}$  turn stepping on to right foot

**Easier option: step left foot to right side, cross step right foot behind left foot**

**11&12** Step left foot to left side, close right foot to left foot, step left foot to left side

**13&14** Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

**15&16** Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

## FORWARD ROCK, RECOVER, $\frac{1}{2}$ TRIPLE TURN, FORWARD, FULL TURN RIGHT, HOOK, SHUFFLE

**17-18** Rock step forward on right foot, recover weight to left foot

**19&20** Triple step right, left, right making  $\frac{1}{2}$  turn right

**21-22** Step forward on left foot while making a full turn right on ball of foot, hook right foot over left shin

**Easier option: step forward on left foot, hook right foot over left shin**

**23&24** Step forward on right foot, close left foot to right foot, step forward on right foot

**FORWARD ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, SAILOR STEP, CROSS, BACK ¼ TURN LEFT, ¼ TURN LEFT, SIDE SHUFFLE**

**25-26** Rock step forward on left foot, recover weight to right foot

**27&28** Triple step left, right, left, on the spot making a full turn left

**Easier option: left coaster step**

**29-30** Cross step right foot over left foot, step left foot to left side

**31&32** Cross step right foot behind left foot, rock step left foot to left side, recover weight to right foot

**33-34** Cross step left foot over right foot, make a ¼ turn left stepping back on right foot

**&35&36** Make ¼ turn left, step left foot to left side, close right foot to left foot, step left foot to left side

**DIAGONAL FORWARD, TOUCH, LEFT COASTER, FORWARD ROCK, RECOVER, TRIPLE ½ TURN RIGHT**

**45-46** Step right foot forward on a left diagonal, touch left toes to right heel

**47&48** Step diagonally back on left foot, step right foot next to left foot, step diagonally forward on left foot

**49-50** Rock step diagonally forward on right foot, recover weight to left foot

**51&52** Triple step, right, left, right, making ½ turn right

**DIAGONAL FORWARD, TOUCH, RIGHT COASTER, FORWARD ROCK, RECOVER, TRIPLE ¾ TURN LEFT**

**37-38** Step left foot forward on a left diagonal, touch right toes to left heel

**39&40** Step diagonally back on right foot, step left foot beside right foot, step forward on right foot

**41-42** Rock step diagonally forward on left foot, recover weight to right foot

**43&44** Triple step left, right, left making ¾ turn left

**SIDE, BEHIND, VAUDEVILLE HEEL & CROSS, SIDE SHUFFLE, ½ HINGE TURN, HOLD**

**53-54** Step right foot to right side, cross step left foot behind right foot

**&55&56** Step right foot to right side, touch left heel to left diagonal, step left foot beside right foot, cross step right foot over left

**57&58** Step left foot to left side, close right foot to left foot, step left foot to left side

**59-60** On ball of left foot make ½ hinge turn right stepping on to right foot, hold

**CROSS, RECOVER, SIDE, RECOVER, BEHIND, SIDE, CROSS**

**61&** Cross step left foot over right foot, recover weight to right foot

**62&** Rock step left foot to left side, recover weight to right foot

**63&64** Cross step left foot behind right foot, step right foot to right side, cross step left foot over right foot

**REPEAT**

**This dance is dedicated to the Birth of the First child of Catherine & myself, "Louisa Elizabeth Sykes Mason" on the 10th July 2003**