Count: 48
Wand: 2
Ebene: Intermediate waltz
Choreograf/in: Anne Herd (AUS) \& Lorraine Shelton (AUS) - April 2017
Musik: Run - Marsha Ambrosius : (CD: Friends \& Lovers - Deluxe Edition - iTunes 3:47)

Intro: Start on lyrics 24 counts in on word 'Run' weight on $\mathbf{R}$
S1: CROSS WALZ, BACK, POINT, HOLD
1-2-3 $\quad$ Cross $L$ over R, Rock $R$ to side, Recover to $L$
4-5-6 Cross R behind L, Point $L$ toe to side, Hold
S2: CROSS UNWIND $1 / 2$ R, $1 / 4$ SWEEP
1-2-3 Cross L over R, Unwind $1 / 2 R$ over two counts (Take weight to $L$ )
4-5-6 $\quad$ Turn 1/4 $R$ stepping fwd. on $R$ as you sweep $L$ around for two counts (9:00)
S3: WALTZ FORWARD MAKING 1/4 TURN L, WALTZ BACK MAKING 1/4 TURN (Inverted Box)
1-2-3 Waltz fwd. stepping LRL as you turn 1/4 L
4-5-6 Waltz back stepping RLR as you turn $1 / 4 \mathrm{~L}$ stepping RLR (3.00)
S4: WALTZ FORWARD MAKING $1 / 4$ TURN L, WALTZ BACK (Inverted Box Cont.)
1-2-3 $\quad$ Waltz fwd. stepping LRL as you make a $1 / 4$ turn $L$
4-5-6 Waltz back stepping RLR (12:00)
Restarts go here
S5: CROSS WALTZ, CROSS WALTZ , 1/4, 1/2
$\begin{array}{ll}\text { 1-2-3 } & \text { Cross } L \text { over R, Step R to side, Step } L \text { to side } \\ \text { 4-5-6 } & \text { Cross R over L Turn 1/4 R, Stepping back on } L \text {, Turn } 1 / 2 \text { R stepping fwd. on R (9:00) }\end{array}$
S6: STEP DRAG, ROCK/RECOVER. 1/2 TURN
1-2-3 $\quad$ Step fwd. on $L$, Drag $R$ towards $L$ over two counts
4-5-6 $\quad$ Rock fwd. on R/Recover to $L$, Turn 1/2 over $R$ stepping fwd. on $R(3: 00)$
S7: 1/4, R, DRAG, SAILOR STEPD
1-2-3 $\quad$ Turn $1 / 4 R$, Stepping $L$ to side, and Drag $R$ towards $L$ over two counts
4-5-6 Cross $R$ behind $L$, Step $L$ to side, Step $R$ to side (6:00)
BEHIND, SIDE CROSS, STEP DRAG
1-2-3 Cross $L$ behind $R$, Step $R$ to side, Cross $L$ over $R$
4-5-6 Step $R$ to side, Drag $L$ beside $R$ over two counts

## [48] Begin again

RESTARTS: On walls 2 and 7 dance to count 24 (You will be facing 6:00 both times) and restart dance
NOTE: A more advanced option for counts $30-32$ is a 1 1/4 rolling turn $R$.
Turn $1 / 4$ R, Step L to side, Turn $1 / 2$ R, Step R to side, Turn $1 / 2$ R Step $L$ to side
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