## Running in Circles

Count: 32
Wand: 4
Ebene: Improver
Choreograf/in: Valerie Zook (USA) - August 2022
Musik: Circles - Post Malone : (Apple music)


Intro: 32 counts from start of song / Dance 4X ending on 12:00 Wall / Main Dance follows

| [Intro] Cross Point, Cross Point, Kick Ball Change, $1 / 4$ Turn |  |
| :--- | :--- |
| $1-2$ | Cross R over L, Point $L$ to left side |
| $3-4$ | Cross $L$ over R, Point $R$ to right side |
| $5 \& 6$ | Kick R, Recover on R, Step $L$ forward |
| $7-8$ | Step R fwd, $1 / 4$ Turn $L$ with hip roll $(9: 00)$ |

## [Main Dance]

[1-8] Walk, Walk, Side Mambo Step, Rock, Recover, Sailor ¼ Turn
1-2 Walk fwd Right, Left
3\&4 Rock $R$ to right side, Recover on $L$, cross $R$ over $L$
5-6 Rock $L$ to left side, Recover on $R$
$7 \& 8 \quad$ Sweep $L$ behind $R$ with $1 / 4$ Turn $L$, Step $R$ to right side, Step $L$ fwd (9:00)
[9-16] Step, $1 / 4$ Turn, Step, $1 / 4$ Turn, Rock, Recover, Coaster Step
1-2 $\quad$ Step $R$ fwd, $1 / 4$ Turn $L$ with hip roll (6:00)
3-4 Step $R$ fwd, $1 / 4$ Turn $L$ with hip roll (3:00)
5-6 Rock fwd on R, Recover on L
7\&8 Step back on R, Step L together, Step fwd on R (3:00)
[17-24] Heel Jack 2X, Rock, Recover, Back, Heel, Together, Touch
1\&2\& Cross $L$ over R, Step $R$ back to right diag, Touch $L$ heel fwd to left diag, Step $L$ together
3\&4\& Cross R over L, Step L back to left diag, Touch R heel fwd to right diag, Step R together
5-6\& Rock L fwd, Recover on R, Step back on L
$7 \& 8 \quad$ Touch $R$ heel fwd, Step $R$ together, touch $L$ foot next to $R(3: 00)$
[25-32] Side Shuffle, $1 / 4$ Turn, Side Shuffle, Rock, Recover, $1 / 4$ Turn, Side Step, Sway, Sway
1\&2\& Step $L$ to left side, Step R together, Step $L$ to left side, $1 / 4$ Turn $L$
3\&4 Step $R$ to right side, Step $L$ together, Step $R$ to right side (12:00)
5\&6 Rock L fwd, Recover on R, Pivot $1 / 4$ Turn L w/L Step to left side (9:00)
7-8 Hip sway R, Hip sway L (9:00)
Begin again Steps 1-32 / No tags or restarts
At end of song on the 3:00 wall, Pivot $1 / 4$ Turn L w/R-Step side and Pose
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