

# AB Runnin'

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Mary Pentangelo (USA) - February 2025

Musik: Running Back To You - Seph Schlueter



Intro is 16 counts – Starts with right foot, weight on left

**[1-8] Walk Forward R,L,R,L, Hip Rocks, R,L,R,L**

1-4 RF walk fwd, LF walk fwd, RF walk fwd, LF walk fwd  
5-8 RF step to side for R hip rock, L hip rock, R hip rock, L hip rock

**[9-16] Walk Back R,L,R,L, Hip Rocks, R,L,R,L**

1-4 RF walk back, LF walk back, RF walk back, LF walk back  
5-8 RF step to side for R hip rock, L hip rock, R hip rock, L hip rock

**[17-24] Grapevine R, Grapevine L**

1-4 RF step side, LF step behind RF, RF step side, LF tap next to RF  
5-8 LF step side, RF step behind LF, LF step side, RF tap next to LF

**[25-32] RF Heel Tap, LF Heel Tap, 3/4 4-Step Walk Around Over R Shoulder**

1-4 RF heel tap fwd, replace next to LF, LF heel tap fwd, replace next to RF  
5-8 3 /4 4-step walk around over right shoulder to next wall – R, L, R, L

**\*Optional changes**

**\*1. Change the walk forwards into right and left cha-cha**

**\*2. Change the L grapevine into a rolling grapevine**

Thank you for checking out my dance!

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