Count: 48
Wall: 2
Level: Intermediate
Choreographer: Brian Woodford (UK) - March 2016
Music: Running - James Bay : (Single on iTunes, live from Abbey road Studios 2016)


Intro: 32 Counts.
One Restart during wall 4.

## SECTION 1: BASIC N.C., LT LOCK LT, STEP TURN STEP, TURN, TURN.

1,2\& Long step rt to side (1), Rock It behind rt (2), Cross rt over It (\&)
$3 \& 4 \quad$ Step It to It diag (3), Lock rt behind It (\&), Step It to It diag (4) (10:30)
5\&6 Step rt to It diag (5), Turn $1 / 2$ It on rt hooking It to rt ankle (\&), Step It to It diag (6) (4:30)
$7,8 \quad$ Turn $1 / 2$ It stepping back rt (7), Turn $1 / 2$ It stepping fwd It. (4:30)
SECTION 2: MAMBO TURN , TURN, TURN, MAMBO, SAILOR TURN.
1\&2 Rock fwd on rt squaring up to 6:00 (1), Replace weight on It (\&), Turn $1 / 2$ rt stepping fwd on rt (2) (12:00)
$3,4 \quad 1 / 2$ Turn rt stepping back on It (3) ${ }^{* *}$ DANCE FINISH HERE, SEE NOTE BELOW], $1 / 2$ Turn rt stepping fwd on rt (4) (12:00)
5\&6 Rock fwd on It (5), Recover weight on rt (\&), Step back on It (6)
7\&8\& Sweep rt round making $1 / 2$ turn rt on $\mathrm{rt}(7)$, Step It to side (\&), Step rt in place (8), Close It next to rt (\&) (6:00)
[*RESTART HERE ON WALL 4, SEE NOTE BELOW]
SECTION 3: RUN, LUNGE ROCK, CHASE TURN, PRISSY WALK X 2.
1\&2 Run fwd rt (1), It (\&), rt (2)
3,4\& Lunge fwd on It (3), Recover weight on rt (4) Step It next to rt (\&)
5\&6 Step fwd on rt (5), Pivot $1 / 2$ turn It ( $\&$ ), Step fwd on rt (6) (12:00)
7,8 Cross It fwd over rt (7), Cross rt fwd over It (8)
SECTION 4: CHASSE TURN LT, CROSS UNWIND, CHASSE TURN RT, MAMBO.
$1 \& 2 \quad$ Step It to side (1), Step rt next to It (\&). Turn $1 / 4$ It stepping It fwd (2) (9:00)
$3,4 \quad$ Cross rt over It (3), Unwind $3 / 4$ turn It (4) (12:00)
5\&6. Step rt to side (5), Step It next to rt (\&), Turn $1 / 4 \mathrm{rt}$ stepping rt fwd. (6) (3:00)
7\&8 Rock fwd on It (7), Recover weight on rt (\&), Step back on It (8).
SECTION 5: MONTEREY POINT CLOSE, SWAY X 2, SHUFFLE, TURN SHUFFLE.
1\&2 Point rt to side (1), Turn $1 / 4 \mathrm{rt}$ stepping rt next to It (\&), Point It to side (2) (6:00)
$\& 3,4 \quad$ Close It next to rt (\&), Step rt to side swaying rt (3), Sway It (4)
5\&6 Step rt fwd (5), Step It next to rt (\&), Step rt fwd (6)
7\&8 $\quad 1 / 2$ Turn rt stepping back It (7), Step rt next to It (\&), Step back It (8) (12:00)
SECTION 6: TURN SHUFFLE, MAMBO, COASTER CROSS, BASIC N.C.
$1 \& 2 \quad 1 / 2$ turn rt stepping fwd on rt (1), Step It next to rt (\&), Step fwd on rt (2) (6:00)
3\&4
Rock fwd on It (3), Recover weight on rt (\&), Step back on It (4|)
Step back on rt (5), Step It next to rt ( $\&$ ), Cross rt over It (6)
5\&6
7,8\& Long step side on It (7), Rock rt behind It (8), Cross It over rt (\&) (6:00)
Start Again.
RESTART: There is one Restart on wall 4 which starts facing 6:00.
Dance up to count 16\&* then Restart from beginning facing 12:00.
FINISH: To finish facing 12:00 last wall 6 which starts facing 6:00. Dance up to count $11^{* *}$ facing 12:00 then

