

# Do A Runner

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dougie D (UK) - October 2007

Music: Run - Gil Grand



Intro: 48 counts.

## **Fwd mambo , back mambo, apple jacks.( optional heel and toe)**

- 1&2 step fwd on right, step left in place, step right beside left
- 3&4 step back on left, step right in place, step left beside right, take weight onto right toe and left heel
- 5&6 swivel right heel and left toe to left, swivel feet back to place, take weight onto left toe and right heel, swivel to right
- & s wivel feet back in place
- 7&8& repeat 5&6&

## **Option to apple jacks:**

- 5&6 touch right heel fwd, step right beside left, touch left toe in place
- 7&8 touch left heel fwd, step left beside right, touch right toe in place

## **Step right fwd, swivel 1/4 left, toe point , heel scuff, jazz box.**

- 1-2 step fwd on right, swivel 1/4 turn left on both feet,
- 3-4 point right toe to left (heel raised) scuff right heel fwd;
- 5-6 cross right over left, step back on left
- 7-8 step right beside left, touch left in place (weight on right),

## **Side rock, cross shuffle, side chasse, back rock.**

- 1-2 rock left to left side, recover on right,
- 3&4 cross shuffle to right, stepping left , right, left,
- 5&6 chasse to right stepping right, left, right,
- 7-8 rock back on left, recover on right,

## **Heel digs, fwd step, two kick ball changes.**

- 1&2& dig left heel fwd, step left beside right, dig right heel fwd, step right beside left,
- 3-4 long step fwd on left, step right beside left
- 5&6 kick right leg fwd, step right beside left, step left in place
- 7&8 repeat steps 5&6,

**Dance TAG here during wall 1. Then restart from the beginning.**

## **Weave left with heel jacks, weave right with heel jacks.**

- 1-2 cross right over left, step left to left side
- 3&4& cross right behind left, step left beside right, dig right heel diagonally fwd, step right in place
- 5-6 cross left over right, step right to right side,
- 7&8& cross left behind right, step right to right side, dig left heel diagonally fwd, step left in place

## **Lock steps and claps, 1/4 turn right, fwd mambo.**

- 1-2& cross right over left, hold and clap, step left behind right,
- 3-4 cross right over left, hold and clap,
- 5-6 rock left to left side, recover on right with 1/4 turn right,
- 7&8 step fwd on left, step right in place, step left beside right,

## **Scuff and hitch on right, stomps x2 sailor steps x2.**

- 1-2 scuff and hitch right fwd, step right beside left,
- 3-4 stomp left in place, stomp right in place,

5&6 cross left behind right, step right beside left, step left in place,  
7&8 cross right behind left, step left beside right, step left in place,

**Step 1/2 turn and kick, shuffle back, back rock, shuffle fwd.**

1-2 step fwd on left, pivot 1/2 turn right and kick right fwd,  
3&4 shuffle back, stepping right, left, right,  
5-6 rock back on left, recover on right,  
7&8 shuffle fwd, stepping left, right, right.

**Begin again**

**Tag:**

**After count 32 of first wall, (after two kick ball changes)  
step fwd on right, pivot 1/2 turn left, and repeat.**

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