

Run

Compte: 96

Mur: 0

Niveau: Phrased Intermediate

Chorégraphe: Manon MESPREEVE (FR) & Vince JULIEN (FR) - December 2020

Musique: Run - Lauren Alaina



Intro : Start in Lyrics

PARTIE A

SECT- 1 JUMP FORWARD - STEP BACK - COASTER STEP - KICK AND TOUCH SIDE - SAILOR 1/2 TURN LEFT

- 1 - 2 Jump 2 feet forward - RF Back
- 3 & 4 back LF - RF side to LF - forward LF
- 5 & 6 Kick RF forward - RF side to LF - point LF to L
- 7 & 8 Sailor 1/2 turn to L: LF behind 1/2 turn - RF side to LF - LF side to RF (06h00)

SECT- 2 LARGE STEP SIDE - BEHIND SIDE CROSS - SIDE ROCK AND STEP SIDE STOMP-UP

- 1 - 2 Large step RF to R - Slide LF to RF (Weight on RF)
- 3 & 4 cross LF behind RF - RF to R - cross LF forward RF

Restart A(12) Here

- 5 - 6 RF to R - replace to LF
- & 7 - 8 RF side to LF - LF to L - Stomp-up RF side to LF

Tag here (A16)

SECT- 3 TOE STRUT 1/2 TURN RIGHT - VAUDEVILLE TWICE - AND LARGE STEP FORWARD - STOMP-UP

- 1 - 2 point RF behind LF - 1/2 turn to R forward heel RF (12h00)
- 3 & 4 cross LF forward RF - RF to R - heel LF forward
- & 5 & 6 LF side to RF - cross RF forward LF - LF to L - heel RF forward
- & 7 - 8 RF side to LF - Large step LF forward - Stomp-up RF side to LF

SECT- 4 SHUFFLE BACK - FULL TURN BACK - SHUFFLE BACK - ROCK STEP

- 1 & 2 RF behind - LF side to RF - RF behind
- 3 - 4 1/2 turn to L with LF forward - 1/2 turn to L with RF behind
- 5 & 6 LF behind - RF side to LF - LF behind
- 7 - 8 RF behind - replace to LF

SECT- 5 SIDE ROCK CROSS TWICE - SCUFF OUT OUT TWICE

- 1 & 2 RF to R - replace to LF - cross RF forward LF
- 3 & 4 LF to L - replace to RF - cross LF forward RF
- 5 & 6 Scuff RF - RF diagonale forward - LF to L
- 7 & 8 Scuff RF - RF diagonale forward - LF to L

SECT- 6 SWIVELS - STEP BACK TWICE - COASTER STEP

- 1 & 2 Heel RF to L - point RF to L - heel RF to L
- 3 & 4 heel RF to R - point RF to R - heel LF to R
- 5 - 6 back LF - back RF
- 7 & 8 back LF - RF side to LF - forward LF

PARTIE B

SECT- 1 ROCKING CHAIR TURN - ROCK BACK - STOMP-UP - STOMP - SWIVEL - KICK - HOOK - KICK - SCUFF

- 1&2& RF forward - replace to LF - 1/2 turn to R with RF forward - replace to LF
- 3&4& 1/2 turn to R with RF forward - replace to LF - RF behind with Kick LF forward - replace to LF

5&6& Stomp-up RF side to LF - Stomp RF forward - heels to R - replace center
7&8& Kick RF forward - Cross heel RF forward LF - Kick RF forward - Scuff RF

SECT- 2 VINE RIGHT TOUCH - ROLLING VINE LEFT - ROCKING CHAIR - KICK - HOOK - KICK - FLICK

1&2& RF to R - LF behind RF - RF to R - point LF to L
3&4& 1/4 turn to L with LF forward - 1/2 turn to L with RF behind - 1/4 turn to L with LF to L - Scuff RF
5&6& RF forward - replace to LF - RF behind - replace to LF
7&8& Kick RF forward - Cross heel RF forward LF - Kick RF forward - Flick RF behind

Final here (with Stomp RF forward)

SECT- 3 STEP LOCK STEP FLICK - STEP LOCK STEP BACK - FULL TURN BACK - COASTER STEP

1&2& RF forward - Lock to LF behind RF - RF forward - Flick LF behind RF
3&4 LF behind - Lock to RF forward LF - LF behind
5 - 6 1/2 turn to R with RF forward - 1/2 turn to R with LF behind
7 & 8 back RF - LF side to RF - RF forward

SECT- 4 WALK TWICE - MAMBO 1/2 TURN LEFT - POINT CROSS TWICE - POINTS TOUCH

1 - 2 Walk LF forward - Walk RF forward
3&4 LF forward - replace to RF - 1/2 turn to L with LF forward
5&6& point RF to R - cross RF forward LF - point LF to L - cross LF forward RF
7&8& point to R - Touch RF side to LF - point RF to R - Flick RF behind

Restart B(32) Here

SECT- 5 VINE SCUFF - VINE 1/4 TURN LEFT - STEP TURN 3/4 LEFT - ROCK BACK JUMP STOMP

1&2& RF to R - LF behind RF - RF to R - Scuff LF side to RF
3&4 LF to L - RF behind LF - 1/4 turn to L with LF forward
5&6 RF forward - 1/2 turn to L - 1/4 turn to L with RF to R
7&8 LF behind with Kick RF forward - replace to RF - Stomp LF side to RF

SECT- 6 ROCK BACK JUMP STOMP - SWIVET RIGHT TWICE - PIVOT MILITARY

1&2 RF behind with Kick LF forward - replace to LF - Stomp RF side to LF
3& point RF and heel LF to R - replace in center
4& point LF and heel RF to L - replace in center
5& point RF and heel LF to R - replace in center
6& point RF and heel LF to R - replace in center
7&8& RF forward - 1/2 turn to L - RF forward - 1/2 turn to L

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1 -2 Stomp RF side to LF - Stomp LF side to RF

SEQUENCE: A(48) - A(12) - B(48) - A(48) - B(48) - B(32) - A(16) - TAL - B(48) - B(16) FINAL
