

Running Alone

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Helena Jeppsson (SWE) - March 2022

Musique: Run To The Hills - Klara Hammarström



Rock fwd x2, triple step back, rock step

- 1,2& Rock fwd on RF, recover weight onto LF, step RF beside LF
- 3,4 Rock fwd on LF, recover weight onto RF
- 5&6 Step back on LF, step RF beside LF, step back on LF
- 7,8 Rock back on RF, recover weight onto LF

On the 10th wall the TAG comes after this section

Triple 1/2 turn L, triple 1/4 turn L, cross, back, weave

- 1&2 1/4 turn L stepping RF to right side, step LF beside RF, 1/4 turn L stepping back on RF
- 3&4 1/4 turn L stepping LF to left side, step RF beside LF, step LF to left side (facing 3:00)
- 5,6 Cross RF over LF, step back on LF
- &7 Step RF beside LF, cross LF over RF
- &8 Take a small step with RF to right side, step LF behind RF

On the 4th wall replace counts &7&8 with 7, 8

- 7 1/4 turn R stepping fwd on RF
- 8 Step fwd on LF

Then do the TAG

Side rock x2, sailor step x2

- 1,2& Rock RF to right side, recover weight onto LF, step RF beside LF
- 3,4 Rock LF to left side, recover weight onto RF
- 5&6 Step LF behind RF, step RF to right side, step LF in place
- 7&8 Step RF behind LF, step LF to left side, step RF in place

Cross rock, triple 1/4 turn L, step 1/2 turn, walk x2

- 1,2 Cross rock LF over RF, recover weight onto RF
- 3&4 Step LF to left side, step RF beside LF, 1/4 turn L stepping fwd on LF (12:00)
- 5,6 Step fwd on RF, 1/2 turn L shifting weight onto LF (now facing 6:00)
- 7,8 Step fwd on RF, step fwd on LF

TAG at the end of wall 2 and wall 6, in the middle of wall 4, after section 1 on wall 10

Rocking chair

- 1,2,3,4 Rock fwd on RF, recover to LF, rock back on RF, recover to LF