

Running

拍数: 32 墙数: 4 级数: Improver
编舞者: Mandy Eades (UK) - March 2025
音乐: Runnin' - Cooper Alan : (album: Take Forever)



**** For the UKLDA workshop in Bournemouth ****

Intro: 32 counts

Section One R & L Walks, R Forward Mambo, L Back Sweep, R Back Sweep, L Coaster

1 2 Walk forward on R, Walk forward on L
3 & 4 Rock forward on R, Recover on L, Step slightly back on R
5 6 Sweep back on L, Sweep back on R
7 & 8 Step back on L, Step R next to L, Step forward on L (12 o'clock)

Section Two R Fwd Rock/Recover, Shuffle ½ turn right, LF Pivot ¼ turn right/recover, Cross & Heel &

1 2 Rock forward on R, Recover on L
3 & 4 Right Shuffle ½ turn (R L R) (6 o'clock)
5 6 Pivot ¼ turn right by stepping forward on L Recover on R (9 o'clock)
7&8& Cross left over right, Step right to right side, left heel to left diagonal, Step left in place

Section Three Cross Shuffle, Side Rock/Recover, L Sailor ¼ turn, Kick R & Point L

1 & 2 Cross R over L, step left to left side, cross R over L
3 4 Straighten up to 9 o'clock with a Side Rock L, Recover on R (9 o'clock)
5 & 6 Cross L behind right turning ¼ Left, Step right beside left. Step Left forward (6 o'clock)
7 & 8 Kick R forward, Step back on R foot, Point L to left side

Section Four Slow Jazz Box turn ¼ Left, Heel Switches R & L, Point R & L &

1 2 Cross L over R, Step back on right
3 4 Turning ¼ turn L to left side, Touch right next to left (3 o'clock)
5&6& Step R Heel forward, Step right beside left, Step L Heel forward, Step left beside right
7&8& Point R to R side, Step right beside left, Point L to L side, Step left beside right

*****TAG 1 *** End of Wall 1 & 2**

Grapevine Right, L touch, Side Close Side Left, R Touch

1 2 3 4 Step R to R side, Step L behind R, Step R to R side, Touch L beside R
5 6 7 8 Step L to L side, Close R together beside L, Step L to L side, Touch R beside L

Wall 3 & 4 No Tags or Restarts

*****RESTART*** Wall 5 Restart after the Vaudeville's & Count Section 2 Facing 9 o'clock**

*****TAG 2 *** Wall 6 Dance a slow Jazz Box in place after the Vaudeville's & Count Section 2 Facing 6 o'clock**

1 2 3 4 Cross Right over Left, Step back on Left, Step R to R side, Step L next to R. (Armography crossing your heart)

Wall 7 & 8 No Tags or Restarts

*****ENDING*** Wall 9 Dance Section One only facing the front wall, pose and smile.**

Thank you to my daughter Kirstie Eades for helping with the Sweeps and Tag

Have fun and enjoy ☐

