

# Run

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Good Day to Run - Darryl Worley



## VINE RIGHT, ROCKING HORSE, WALK, WALK, RUN,RUN,RUN

1&2&      Step right to the right, step left behind right, step right to right side  
3&4&      Step left forward, recover on right, step left back, recover on right  
5,6      Walk forward left, walk forward right  
7&8      Run forward L,R,L

## 1/2 TURN TO THE LEFT, RUN,RUN,RUN, ROCK & CROSS, ROCK & CROSS

1&2      ½ turn left stepping R,L,R  
3&4      Run forward L,R,L  
5&6      Rock right to the right, recover on left, cross right over the left  
7&8      Rock left to the left, recover on right, cross left over right

## SHUFFLE BACK AT AN ANGLE, ½ TURN, SHUFFLE FORWARD AT AN ANGLE, ROCK RECOVER, ¼ TURN COASTER STEP

1&2      Shuffle back at an angle R,L,R (10:30)  
3&4      ½ Turn shuffle forward L,R,L (10:30)  
5,6      Rock forward on the right, recover on the left  
7&8      ¼ turn left step right back, step left next to right, step right forward

## RUN,RUN,RUN (Left,Right,Left) RUN,RUN,RUN (Right,Left,Right) ROCK FORWARD, RECOVER, COASTER STEP

1&2      Run forward L,R,L  
3&4      Run forward R,L,R  
5,6      Rock forward on the left, recover on the right  
7&8      Step left back, step right next to left, step left forward