

# Running

拍數: 48      牆數: 4      級數: Improver  
編舞者: Adrian Helliker (FR) & Tina Chen Sue-Huei (TW) - March 2016  
音樂: Running - Mike Lane



Intro: 8 counts into track

**[1-8] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, SIDE, CROSS**

1 -2            Tap right heel forward twice to right diagonal  
3&4            Step right behind left, step left to left side, cross right over left  
5 -6            Tap left heel forward twice to left diagonal  
7&8            Step left behind right, step right to right side, cross left over right

**[9-16] ¼ RIGHT WALK FORWARD, ¼ TURNING CHASSE, ¼ RIGHT WALK FORWARD, RIGHT SHUFFLE FORWARD**

1-2            ¼ turn right stepping right forward (3:00) , step left forward  
3&4            ¼ turn right stepping right forward(6:00) , step left beside right, step right forward  
5-6            ¼ turn right stepping left forward(9:00), step right forward  
7&8            Right shuffle forward, stepping Left-Right-Left

**[17-24] POINT FORWARD, STEP BACK, COASTER STEP LEFT, SHUFFLE FORWARDS RIGHT, ½ TURNING SHUFFLE**

1-2            point right forward, step back on right  
3&4            Step back on left, step right beside left, step left forward  
5-6            Forward on right, close left beside right, step forward on right  
7&8            ½ Turning shuffle turning right stepping left, right, left (3:00)

**[25-32] SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS RIGHT & LEFT**

1&2&            Rock right to right side, recover onto left, rock right over left, recover onto left  
3&4            Rock right to right side, recover onto left, cross right over left weight on right  
5&6&            Rock left to left side, recover onto right, rock left over right, recover onto right  
7&8            Rock right to right side, recover onto left, cross right over left weight on right

**[33-40] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, ¼ STEP, FORWARD**

1-2            Tap right heel forward twice to right diagonal  
3&4            Step right behind left, step left to left side, cross right over left  
5-6            Tap left heel forward twice to left diagonal  
7&8            Step left behind right, ¼ turn right stepping forward on right, step left forward (6:00)

**[41-48] WALK X2, RIGHT KICK BALL, ¼ RIGHT MAMBO FWD, LEFT CROSS MAMBO**

1&2            Walk forward right, walk forward left  
3-4            Kick right foot forward, step right ball back in place, step left forward  
5&6            Rock forward on right, recover back on left, ¼ turn stepping right to right side (9:00)  
7&8            Cross rock left over right, recover back on right, step left to left side