

# Run

拍數: 96      牆數: 0      級數: Phrased Intermediate  
編舞者: Manon MESPREEVE (FR) & Vince JULIEN (FR) - December 2020  
音樂: 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

**TAG**

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**

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