

Run Like The River

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Dwight Meessen (NL) - August 2019

Musik: Run Like the River - Meghan Trainor : (Album: Run Like The River)



Intro 16 counts

Side, Together, Chassé, Behind, Side, Cross, Point

- 1-2 RF step side, LF together
- 3&4 RF step side, LF together, RF step side
- 5-8 LF cross behind, RF step side, LF cross over, RF point side

Jazz Box ¼ R Cross, Jump Touch, Hips, Jump Touch, Hips

- 1-4 RF cross over, LF ¼ right step back, RF step side, LF cross over
 - &5&6 RF jump side, LF touch beside, hips left, hips back again
 - &7&8 LF jump side, RF touch beside, hips right, hips back again
- option 5&6 and 7&8 on the words 'Run Like The River': bring hands and hips forward in a wavy motion

Back x2, Coaster, Fwd x2, Point x2

- 1-2 RF step back, LF step back
- 3&4 RF step back, LF together, RF step forward
- 5-6 LF step forward, RF step forward
- 7-8 LF point forward, LF point back

Rock Fwd Recover, Shuffle Bkw, Ball Rock Side Recover, Behind Side Cross

- 1-2 LF rock forward, RF recover
 - 3&4 LF step back, RF step beside, LF step back
 - &5-6 RF step beside on ball foot, LF rock side, RF recover
- option 5-6 on the words 'Run Like The River': bring hands and hips left and back again in a wavy motion
- 7&8 LF cross behind, RF step side, LF cross over [3]

Start again

Restarts: Dance the 2nd and 5th wall up to and including count 16 (count 8 of the 2nd section) and start again
