

# Running Back

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Aitch & Dee Dee

Musik: Running Back for More - Louise



---

## ROCK LEFT RECOVER, BEHIND ¼ TURN RIGHT, STEP FORWARD

- 1-2 Rock to left on left, recover weight on to right  
3&4 Cross left behind right, make ¼ turn to right, on right, step forward on left

## ROCK FORWARD RECOVER, RIGHT COASTER STEP

- 5-6 Rock forward on to right foot, recover weight on to left  
7&8 Step back right, step left beside right, step forward on right

## STEP ½ PIVOT, LEFT SHUFFLE FORWARD

- 9-10 Step forward on left, pivot ½ turn right  
11&12 Shuffle forward left, right, left

## RIGHT & LEFT SIDE TOGETHER CROSS

- 13&14 Step right to right side, close left beside right, cross right over left  
15&16 Step left to left side, close right beside left, cross left over right

## RONDE ½ TURN LEFT, LEFT & RIGHT SAILOR SHUFFLES ROCK RECOVER

- 17-18 Sweep right foot round ½ turn left and step onto right  
19&20 Cross left behind right, step right to right side, step left in place  
21&22 Cross right behind left, step left to left side, step right in place  
23-24 Rock forward on left, recover weight onto right

## LEFT COASTER, DIAGONAL CHARLESTON STEPS, CROSS SHUFFLE

- 25&26 Step back on left, close right to left, step forward left  
27-28 Cross right over left & step diagonally forward left onto right foot & touch left heel diagonally left  
29-30 Step back diagonally right onto left foot and point right toe back diagonally right  
31&32 Cross right over left, step left to left, cross right over left

## REPEAT

---