# Running Through



Count: 48 Wand: 4 Ebene: Intermediate/Advanced

Choreograf/in: Minna Liljamo (FIN) & Tarja Eriksson (FIN)

Musik: Now I Pray for Rain - Neal McCoy



#### SHUFFLE FORWARD, 1/2 PIVOT, FULL TURN, TURNING SHUFFLE

1&2 Shuffle forward right-left-right

3-4 Step left forward, pivot ½ turn to the right

5 Turn ¼ to the right with your right ball and step left side

6 Turn full turn by right with your left ball and step right beside left

7&8 Shuffle left side turning ½ to the right left-right-left

#### ROCK STEP, FRONT SAILOR WITH TOUCH, SYNCOPATED WEAVE

1-2 Rock right back, recover weight on left

3&4 Step right across left, step left side, touch right toe diagonally forward

&5&6 Step right slightly back, step left across right, step right side, step left behind right

&7&8 Step right side, step left across right, step right side, step left behind right

#### KICK & TOUCH, SAILOR TURN ½, ½ PIVOT TURN, STEP, TURN ¾

1&2 Kick right forward, step right beside left, touch left side

3&4 Step left behind right (start turning ½ to the left), step right side (complete ½ turn), step left

side

5-6 Step right forward, pivot ½ turn to the left

7-8 Step right forward, turn ¾ to the left feet together ending weight on left

### HEEL HOOK, HEEL HITCH, TOUCH HITCH, STEP, SCUFF HITCH STEP, TWIST TURN 1/2

Touch right heel forward, hook right front of left, touch right heel forward

&3&4 Hitch right, touch right toe back, hitch right, step right forward

5&6 Scuff left forward, hitch left, step left forward

7&8 Twist both heels to left, twist both heels to right, twist both heels left and turn ½ to the right

## KICK, SYNCOPATED LOCK STEPS, KICK & TOUCH, SIDE TOUCH, MONTEREY

1&2 Kick right forward, step right forward, lock step left behind right

&3 Step right forward, step left forward

&4 Lock step right behind left, step left forward

5&6 Kick right forward, step right forward, touch left toe behind right

7&8 Step left beside right, touch right toe side, turn ½ to right ending feet together

#### SYNCOPATED STEPS, HIP SWAY & HAND MOVEMENTS

1-2 Step left side, step right behind left

&3-4 Step left side, step right across left, step left side

5 Sway hips to the left and slap your left tight with your right hand 6 Sway hips to the right and slap your right tight with your left hand

7 Slap hands together

Sway hips to the left and slap your right hips with your right hand
Sway hips to the right and slap your left hips with your left hand

#### **REPEAT**