

# Born To Run (To Me)

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Steve Mason (UK)

Musik: She Was Born to Run - Brooks & Dunn



## FULL TURN RIGHT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

1-2 Step right foot  $\frac{1}{2}$  turn right, continuing right make a further  $\frac{1}{2}$  turn stepping on to left foot

**Easier option: step right foot to right side, cross step left foot behind right foot**

3&4 Step right foot to right side, close left foot to right foot, step right foot to right side

5&6 Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

7&8 Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

## FULL TURN LEFT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

9-10 Step left foot  $\frac{1}{2}$  turn left, continuing left make a further  $\frac{1}{2}$  turn stepping on to right foot

**Easier option: step left foot to right side, cross step right foot behind left foot**

11&12 Step left foot to left side, close right foot to left foot, step left foot to left side

13&14 Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

15&16 Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

## FORWARD ROCK, RECOVER, $\frac{1}{2}$ TRIPLE TURN, FORWARD, FULL TURN RIGHT, HOOK, SHUFFLE

17-18 Rock step forward on right foot, recover weight to left foot

19&20 Triple step right, left, right making  $\frac{1}{2}$  turn right

21-22 Step forward on left foot while making a full turn right on ball of foot, hook right foot over left shin

**Easier option: step forward on left foot, hook right foot over left shin**

23&24 Step forward on right foot, close left foot to right foot, step forward on right foot

## FORWARD ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, SAILOR STEP, CROSS, BACK $\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE SHUFFLE

25-26 Rock step forward on left foot, recover weight to right foot

27&28 Triple step left, right, left, on the spot making a full turn left

**Easier option: left coaster step**

29-30 Cross step right foot over left foot, step left foot to left side

31&32 Cross step right foot behind left foot, rock step left foot to left side, recover weight to right foot

33-34 Cross step left foot over right foot, make a  $\frac{1}{4}$  turn left stepping back on right foot

&35&36 Make  $\frac{1}{4}$  turn left, step left foot to left side, close right foot to left foot, step left foot to left side

## DIAGONAL FORWARD, TOUCH, LEFT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN RIGHT

45-46 Step right foot forward on a left diagonal, touch left toes to right heel

47&48 Step diagonally back on left foot, step right foot next to left foot, step diagonally forward on left foot

49-50 Rock step diagonally forward on right foot, recover weight to left foot

51&52 Triple step, right, left, right, making  $\frac{1}{2}$  turn right

## DIAGONAL FORWARD, TOUCH, RIGHT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{3}{4}$ TURN LEFT

37-38 Step left foot forward on a left diagonal, touch right toes to left heel

39&40 Step diagonally back on right foot, step left foot beside right foot, step forward on right foot

41-42 Rock step diagonally forward on left foot, recover weight to right foot

43&44 Triple step left, right, left making  $\frac{3}{4}$  turn left

**SIDE, BEHIND, VAUDEVILLE HEEL & CROSS, SIDE SHUFFLE, ½ HINGE TURN, HOLD**

- 53-54 Step right foot to right side, cross step left foot behind right foot  
&55&56 Step right foot to right side, touch left heel to left diagonal, step left foot beside right foot, cross step right foot over left  
57&58 Step left foot to left side, close right foot to left foot, step left foot to left side  
59-60 On ball of left foot make ½ hinge turn right stepping on to right foot, hold

**CROSS, RECOVER, SIDE, RECOVER, BEHIND, SIDE, CROSS**

- 61& Cross step left foot over right foot, recover weight to right foot  
62& Rock step left foot to left side, recover weight to right foot  
63&64 Cross step left foot behind right foot, step right foot to right side, cross step left foot over right foot

**REPEAT**

This dance is dedicated to the Birth of the First child of Catherine & myself, "Louisa Elizabeth Sykes Mason" on the 10th July 2003

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