

Runnin' Behind Alone

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Eddie Morrison (SCO) - February 2012

Musik: Runnin' Behind - Tracy Lawrence : (CD: The Very Best of..)



16 Count intro start on vocals

Section 1: Chasse right rock back recover –Chasse left rock back recover

- 1 & 2 Step right to right side, Step left beside right, Step right to right side
- 3 – 4 Rock back on left, Recover on right
- 5 & 6 Step left to left side, Step right beside left, Step left to left side
- 7 - 8 Rock back recover on left

Section 2: Right step lock step lock step to right diagonal – Left step lock step lock step to left diagonal

- 1 – 2 Step right forward, lock left behind right
- 3 & 4 step right forward, Step left behind right, Step right forward
- 5 -6 Step left forward, lock right behind left
- 7 & 8 step left forward, Step right behind right, Step left forward

Section 3: Right rock recover shuffle half turn right– Left rocking chair

- 1 – 2 Rock forward on right, Rock back on left
- 3 & 4 Half turn right stepping right left right
- 5 -6 Rock forward on left recover on right
- 7 - 8 Rock back on left recover on right

Section 4: Left rock recover shuffle half turn left – Right rocking chair

- 1 – 2 Rock forward on left, Rock back on right
- 3 & 4 Half turn left stepping left right left
- 5 -6 Rock forward on right recover on left
- 7 - 8 Rock back on right recover on left

* Restart the dance here during Wall 3 and Wall 6

Section 5: Grapevine Right Touch – Grapevine Left Touch

- 1 – 2 Step right to the right side, step left behind right
- 3 – 4 Step right to the right side touch left beside right
- 5 – 6 Step left to the left side, step right behind left
- 7 - 8 Step left to the left side touch right beside left

Section 6: Right Shuffle Forward – Pivot half turn Right – Left Shuffle Forward – Pivot Quarter Turn Left.

- 1 & 2 Step forward on right step left beside right and step right forward
- 3 - 4 Step forward on left Pivot Half Turn Right
- 5 & 6 Step forward on Left step right beside left and step left forward
- 7 - 8 Step forward on right pivot quarter turn left

Start Again
