

# Born To Run

Count: 48

Wall: 2

Level: Intermediate - Country

Choreographer: Antonio Manigas (IT) - April 2023

Music: I'm Born to Run - American Authors



Sequence – (start dancing after 4 counts) – wall 1 – wall 2 – wall 3 – wall 4 (only 16 counts) -  
Restart wall 5 – wall 6 – wall 7 (only 16 counts)- TAG (4 counts) – wall 8 – TAG - wall 9 (only 32 counts) – wall  
10 – wall 11 (only 16 counts)

**TAG**

## **T1) ROCK IN CHAIR**

- 1 - 2 Step Right Forward , Return To Left
- 3 - 4 Step Right Backward , Return To Left And Stomp Left

## **S1) STOMP R., HOLD, CROSS&CROSS,STOMP L.,HOLD , CROSS&CROSS**

- 1 - 2 Step Right To Right Side And Stomp , Hold
- 3 & 4 Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left
- 5 - 6 Step Left To Left Side And Stomp , Hold
- 7 & 8 Step Left Cross Behind Right , Step Right To Right Side, Step Left Cross Over Right

## **S2) TURN ½ SHUFFLE BACK R.,ROCK RECOVER,TURN ½ SHUFFLE BACK L.,ROCK RECOVER**

- 1 & 2 Turn ½ (06:00) And Step Right Backward , Step Left Beside Right , Step Right Backward
- 3 - 4 Step Left Backward , Return To Right And Heel Right To Right Side
- 5 & 6 Turn ½ (00:00) And Step Left Backward , Step Right Beside Left , Step Left Backward
- 7 - 8 Step Right Backward , Return To Left And Heel Left To Left Side

## **S3) TURN ¼ VAUDEVILLE L. & R.,CROSS RECOVER ,CROSS&CROSS L.**

- &1 - &2 Turn ¼ To Right(03:00)Cross Right Over Left ,Step Left To Left Side , Step Right To Right Side And Heel , Drop Right Toe
- &3 - &4 Cross Left Over Right , Step Right To Right Side , Step Left To Left Side And Heel , Drop Left Toe
- 5 - 6 Cross Right Over Left , Return To Left
- &7 - &8 Step Right To Right Side , Cross Left Over Right , Step Right To Right Side , Cross Left Over Right

## **S4) STEP R.,TURN ½ & FLICK L.,STEP L.,STOMP UP R.,CHASSE'&CHASSE',RECOVER**

- 1 - 2 Step Right To Right Side , Turn ½ Back (09:00) And Flick Left
- 3 - 4 Step Left Forward , Stomp Up Right Beside Left
- &5 - &6 Step Right To Right Side , Step Left Beside Right , Step Right To Right Side ,Step Left Beside Right
- &7 - &8 Step Right To Right Side , Step Left Beside Right , Step Right To Right Side , Recover Left Behind Diagonally Right

## **S5) TURN ¼ STOMP RIGHT,HEELS SWITCHES L. & R.,TOE L.,TURN ¼ SHUFFLE L.,TURN ¼ CHASSE' R.**

- 1 - &2 Turn ¼ To Left (06:00) Step Right Forward And Stomp , Step Left Forward And Heel , Return Beside Right
- &3 - 4 Step Right Forward And Heel , Return Beside Left And Taking Weight , Step Left Cross Behind Right And Touch Toe
- 5 & 6 Turn ¼ To Left (03:00) Step Left Forward , Step Right Beside Left , Step Left Forward
- 7 & 8 Turn ¼ To Right (09:00) Step Right To Right Side , Step Left Beside Right , Step Right To Right Side

## **S6) TURN ¼ ROCK RECOVER, TURN ½ SHUFFLE L.,FULL TURN , STEP R. , STOMP L.**

- 1 - 2 Turn  $\frac{1}{4}$  To Right (00:00) Step Left Forward , Return To Right
- 3 & 4 Turn  $\frac{1}{2}$  To Left (06:00) Step Left Forward , Step Right Beside Left , Step Left Forward
- 5 - 6 Turn  $\frac{1}{2}$  Back (00:00) Step Right Backward , Turn  $\frac{1}{2}$  Forward (06:00) Step Left Forward
- 7 - 8 Step Right Forward , Step Left Forward And Stomp Beside Right And Taking Weight
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