

# U Can Run

**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Debbie Feasey (UK) & Steve Rutter (UK)

**Music:** Escape - Enrique Iglesias



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## **SIDE STEP, SLIDE LEFT, LEFT SAILOR STEP, WALK FORWARD, ½ TURN LEFT, KICK LEFT**

- 1-2 Step right to right side, slide left up towards right  
3&4 Cross left behind right, step right to right side, step left beside right(taking weight)  
5-6 Step forward on right, step forward on left  
7-8 Step forward on right, on ball of right make ½ turn left kicking left foot forward

## **COASTER STEP, RIGHT KICK BALL-TOUCH, CROSS BEHIND, SIDE STEP, LEFT KICK BALL-TOUCH**

- 9&10 Step back on left, close right beside left, step forward on left  
11&12 Kick right forward, step right beside left, touch left toe to left side  
13-14 Cross left behind right, step right to right side  
15&16 Kick left forward, step left beside right, touch right toe to right side

## **STEP FORWARD, LOCK BEHIND, STEP FORWARD, LEFT ROCK & CROSS, RIGHT SIDE ROCK, KICK**

- 17-18 Step forward on right, lock left behind right  
19 Step forward on right  
20&21 Rock left to left side, recover weight onto right, cross left over right  
22-23 Rock right to right side, recover weight onto left  
24 Kick right foot forward

## **TWO TOE STRUTS BACK, SLOW COASTER STEP, TOUCH TO SIDE**

- 25-26 Touch right toe back, snap right heel down to the floor  
27-28 Touch left toe back, snap left heel down to the floor  
29-30 Step back on right, close left beside right  
31-32 Step forward on right, touch left toe to left side

## **CLOSE, CROSS ROCK, CHASSE RIGHT, CROSS ROCK, STOMP LEFT(NO WEIGHT), KICK LEFT**

- & Close left beside right  
33-34 Cross rock right over left, recover weight back onto left  
35&36 Step right to right side, close left beside right, step right to right side  
37-38 Cross rock left over right, recover weight back onto right  
39-40 Stomp left beside right(with no weight), kick left foot forward

## **LEFT ROLLING VINE, SCUFF RIGHT, STEP PIVOT ½ TURN LEFT TWICE**

- 41-42 Make ¼ turn left stepping forward on left, make ¼ turn left stepping right to right side  
43-44 Make ½ turn left stepping left to left side, scuff right foot forward  
45-46 Step forward on right, on the balls of both feet pivot ½ turn left  
47-48 Step forward on right, on the balls of both feet pivot ½ turn left

**REPEAT**

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