

Run For Your Life

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lynne Martino (USA) - October 2009

Music: Cowboy Casanova - Carrie Underwood



Start right after Carrie sings "You better take it from me"

(1-8) Walk, Walk, Rock, Recover, Cross, Point, Cross

1,2,3,4 Walk forward on R(1) Hold (2), Walk forward on L(3), Hold(4)
&5,6 Rock R to right side(5), recover weight on L (&), cross R over L (6)
7,8 Point L to left side (7), cross L over R (8)

(9-16) ¼ Turn, Step Together, Coaster Step, Step Forward, ½ Turn, ½ Turn, Step Together

1,2 Step ¼ right side on R(1), Step L next to R (2) (3 o'clock)
3&4 Step R back (3), Step L next to R (&), Step R forward (4)
5,6 Step L forward(5) make a ½ turn right stepping forward on R(6) (9 o'clock)
7,8 Step back on L making a ½ turn right (7), step R next to L (8) (3 o'clock)

(17-24) Left & Right Heel Jacks, Heel, Step, Touch, Step, Heel, Step, Touch, Step

1&2& Touch L heel forward (1), step on L(&), cross step R over L(2), step on L(&)
3&4& Touch R heel forward (3), step on R (&), cross step L over R(4), step on R(&)
5&6& Touch L heel forward (5), step on L (&), touch R next to L (6), step on R(&)
7&8& Touch L heel forward (7), step on L (&)**touch R next to L(8), step on R (&)

****Restart**

(25-32) ¼ Turn, Step Forward, ½ Turn, ¼ Turn, 2 Steps Back, Coaster Step

1,2 Step L ¼ left forward(1), Step R forward(2) (6 o'clock)
3,4 Make ½ pivot turn left putting weight on L (3), step ¼ right on R (4) (3 o'clock)
5,6 Step back on L(5), step back on R(6)
7&8 Step L back(7), step R next to L (&), step L forward (8)