

I'm Not Running Anymore

Compte: 32

Mur: 4

Niveau: Improver social cha

Chorégraphe: Leanne Nahrgang (FR)

Musique: I'm Not Running Anymore - Jason McCoy



CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

- 1-2 Cross rock left over right, rock back on right
- 3&4 Side shuffle left, right, left
- 5-6 Cross rock right over left, rock back on left
- 7&8 Side shuffle right, left right

STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD, ROCK, FORWARD, BACK, COASTER

- 9-10 Step forward on left, ½ turn pivot right weight on right
- 11&12 Shuffle forward left, right, left
- 13-14 Rock forward on left, back on right,
- 15&16 Step back on left, step right beside right, step forward on left

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

- 17-18 Cross rock left over right, rock back on right
- 19&20 Side shuffle left, right, left
- 21-22 Cross rock right over left, rock back on left
- 23&24 Side shuffle right, left right

STEP FORWARD, ¼ PIVOT, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 25-26 Step forward on left, ¼ pivot right, weight on right
- 27&28 Cross shuffle left over right, side right, left over right
- 29-30 Side rock on right, rock side left
- 31&32 Cross shuffle, right over left, side left, right over left

LEFT WEAVE, ¼ PIVOT, ½ PIVOT, ¼ PIVOT, SIDE RIGHT, STEP BEHIND, ¼ PIVOT

- 33-34 Step side left, right behind
- 35-36 ¼ turn pivot on left, ½ turn pivot on right
- 37-38 ¼ turn pivot on left, step side right
- 39-40 Step left behind right, ¼ turn pivot on right

FORWARD LEFT, ½ PIVOT, ¼ PIVOT, CROSS ROCK, BACK ROCK

- 41-42 Step forward left, ½ turn pivot right, step on right
- 43-44 ¼ turn pivot right on left, step on right
- 45-46 Cross rock left over right, step back on right
- 47-48 Side rock on left, step side right

REPEAT

TAG

At end of wall 2, after doing count 48, repeat counts 45-48, begin dance again

RESTART

At beginning of wall 5, dance first 8 counts then begin dance again