

# Born 2 Run

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Steve Rutter (UK)

Musique: She Was Born to Run - Brooks & Dunn



## **FORWARD ROCK, SHUFFLE BACK, COASTER STEP, PRISSY WALKS**

- 1-2 Rock forward on right, recover weight back onto left
- 3&4 Step back on right, close left beside right, step back on right
- 5&6 Step back on left, step back on right, step forward on left
- 7-8 Cross right over left, cross left over right

## **FORWARD ROCK, TRIPLE ½ TURN RIGHT, SIDE ROCK WITH ¼ TURN RIGHT, KICK BALL-TOUCH**

- 9-10 Rock forward on right, recover weight back onto left
- 11&12 Make a half turn right stepping on right, left, right
- 13-14 Make a quarter turn right rocking left-to-left side, recover weight onto right
- 15&16 Kick left forward, step left beside right, touch right toe out to right side

## **FORWARD ROCK, TRIPLE ½ TURN RIGHT TWICE, BACK ROCK**

- 17-18 Rock forward on right, recover weight back onto left
- 19&20 Make a half turn right stepping on right, left, right
- 21&22 Make a half turn right stepping on left, right, left
- 23-24 Rock back on right, recover weight forward onto left

## **FORWARD ROCK, COASTER STEP, TOUCH, STEP FORWARD, HEEL SWITCHES**

- 25-26 Rock forward on right, recover weight back onto right
- 27&28 Step back on right, step back on left, step forward on right
- 29-30 Touch left toe out to left side, step forward on left
- 31&32 Touch right heel forward, step right beside left, touch left heel forward

## **CLOSE, FORWARD ROCK, TRIPLE ¾ TURN RIGHT, CHASSE LEFT, BACK ROCK**

- & Close left beside right
- 33-34 Rock forward on right, recover weight back onto left
- 35&36 Make a three-quarter turn right stepping on right, left, right
- 37&38 Step left-to-left side, close right beside left, step left to left side
- 39-40 Rock back on right, recover weight forward onto left

## **HEEL GRIND ¼ TURN RIGHT, KICK BALL-CROSS, SIDE ROCK, CROSSING SHUFFLE**

- 41-42 Touch right heel forward, grind the heel into the floor making a quarter turn right
- 43&44 Kick right forward, step right beside left, cross left over right
- 45-46 Rock right-to-right side, recover weight onto left
- 47&48 Cross right over left, step left to left side, cross right over left

## **SIDE ROCK, SAILOR STEPS, CROSS BEHIND, SIDE STEP**

- 49-50 Rock left-to-left side, recover weight onto right
- 51&52 Cross left behind right, step right to right side (taking weight), replace weight onto left
- 53&54 Cross right behind left, step left to left side (taking weight), replace weight onto right
- 55-56 Cross left behind right, step right to right side

## **CROSS, TOUCH, CROSSING SHUFFLE, CHASSE LEFT, BACK ROCK**

- 57-58 Cross left over right, touch right toe to right side
- 59&60 Cross right over left, step left to left side, cross right over left

61&62 Step left-to-left side, close right beside left, step left-to-left side  
63-64 Rock back on right, recover weight forward onto left

**REPEAT**

**TAG**

**Performed once at the end of the 4th wall, only when using "She Was Born To Run"**

**FORWARD ROCK, BACK ROCK**

1-2 Rock forward on right, recover weight back onto left

3-4 Rock back on left, recover weight forward onto right

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