

# Love Runs

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Amy Glass (USA) & Darren Bailey (UK) - February 2016  
音乐: Love Runs - Tim McGraw : (iTunes, amazon)



#16 Count Intro. Dance starts on the lyrics.

Two Restarts (wall 3 after 8 counts facing 12:00 & wall 7 after 16 counts facing 6:00)

## [1-8] □ Side Rock, Cross Shuffle, Hinge 1/2 Right, Cross Shuffle

1-2            Rock RF to R, Recover weight on LF  
3&4            Cross RF over LF, Step LF to L, Cross RF over LF  
5-6            Turn 1/4 R Stepping back on LF, Turn 1/4 R Stepping RF to R (6:00)  
7&8            Cross LF over RF, Step RF to R, Cross LF over RF (6:00)

(Restart here on wall 3)

## [9-16] □ Heel Grind with 1/4 R, R Sailor, Weave R

1-2            Cross R heel over LF (R toes facing inwards), turn 1/4 R stepping LF to L (toes naturally  
                □ rotate outwards) (9:00)  
3&4            Step RF behind LF, Step LF to L, Step RF to R  
5-6            Cross LF over RF, Step RF to R  
7&8            Step LF behind RF, Step RF to R, Cross LF over RF

(Restart here on wall 7)

## [17-24] □ Kick Ball Cross x2, Sway R, L, R, L

1&2            Kick RF to R diagonal, step on ball of RF, Cross LF over RF, moving slightly to R  
3&4            Kick RF to R diagonal, step on ball of RF, Cross LF over RF, moving slightly to R  
5-6            Step RF to R while swaying to the R, Sway L  
7-8            Sway R, Sway L

## [25-32] □ R Sailor, L Sailor with 1/4 L, R Sailor, Point Back Turning 1/2 L

1&2            Cross RF behind LF, Step LF to L, Step RF to R  
3&4            Cross LF behind RF, Turn 1/4 L while stepping RF to R, Step LF to L (6:00)  
5&6            Cross RF behind LF, Step LF to L, Step RF to R  
7-8            Point L toe back, Turn 1/2 L weighting LF (12:00)

## [33-40] □ Triple Step Box (Turning 3/4 L)

1&2            Step RF to R, Close LF next to RF, Step RF to R  
3&4            Turn 1/4 L stepping LF to L, Close RF next to L, Step LF to L (9:00)  
5&6            Turn 1/4 L stepping RF to R, Close LF next to R, Step RF to R (6:00)  
7&8            Turn 1/4 L stepping LF to L, Close RF next to L, Step LF to L (3:00)

## [41-48] □ Cross, Side, Sailor, Step Drag, Ball-Step, Scuff-Hitch

1-2            Cross RF over L, Step LF to L  
3&4            Step RF behind LF, Step LF to L, Step RF to R (body will finish naturally facing diagonal  
                (4:30))  
5-6            Step LF forward and to diagonal, Drag RF next to LF  
&7            Step on ball of RF, Step LF forward (3:00)  
8            Scuff RF finishing with R knee hitched

## [49-56] □ Rock, Recover, Half R, Half R, Kick, Kick, Touch, Heel

1-2            Rock forward on RF, Recover weight back on LF  
3-4            Turn 1/2 R stepping forward R (9:00), Turn 1/2 R stepping back L (3:00)  
5&6&&        Kick RF forward, Step RF next to LF, Kick LF forward, Step LF next to RF

7&8& Touch R toe behind LF, Step RF next to LF, Touch L heel forward, Step LF next to RF

**[57-64] □ Vine R with 1/4 R, Step Pivot 1/2, 1/4 Turn Step Sweep, Cross Shuffle**

1-2-3 Step RF to R, Step LF behind R, Turn 1/4 R (6:00)

4-5 Step forward L, Pivot 1/2 R ending with weight on RF (12:00)

6 Turn 1/4 R while sweeping LF from back to front (3:00)

**\*\*Think of counts 4-6 as one fluid motion to make it easier to dance\*\***

7&8 Cross LF over RF, Step RF to R, Cross LF over RF

**Restart 1: Happens after dancing 8 counts of wall 3 (start the dance facing 6:00, restart facing 12:00)**

**Restart 2: Happens after dancing 16 counts of wall 7 (start the dance facing 9:00, restart facing 6:00)**

**Contact: [amyleeanne@gmail.com](mailto:amyleeanne@gmail.com) & [dazzadance@hotmail.com](mailto:dazzadance@hotmail.com)**

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