

# I'll Keep Running

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Brian Woodford (UK) - March 2016  
音乐: Running - James Bay : (Single on iTunes, live from Abbey road Studios 2016)



Intro: 32 Counts.  
One Restart during wall 4.

## SECTION 1: BASIC N.C., LT LOCK LT, STEP TURN STEP, TURN, TURN.

1,2&                      Long step rt to side (1), Rock lt behind rt (2), Cross rt over lt (&  
3&4                      Step lt to lt diag (3), Lock rt behind lt (&), Step lt to lt diag (4) (10:30)  
5&6                      Step rt to lt diag (5), Turn ½ lt on rt hooking lt to rt ankle (&), Step lt to lt diag (6) (4:30)  
7,8                      Turn ½ lt stepping back rt (7), Turn ½ lt stepping fwd lt. (4:30)

## SECTION 2: MAMBO TURN , TURN, TURN, MAMBO, SAILOR TURN.

1&2                      Rock fwd on rt squaring up to 6:00 (1), Replace weight on lt (&), Turn ½ rt stepping fwd on rt (2) (12:00)  
3,4                      ½ Turn rt stepping back on lt (3)[\*\*DANCE FINISH HERE, SEE NOTE BELOW], ½ Turn rt stepping fwd on rt (4) (12:00)  
5&6                      Rock fwd on lt (5), Recover weight on rt (&), Step back on lt (6)  
7&8&                      Sweep rt round making ½ turn rt on rt (7), Step lt to side (&), Step rt in place (8), Close lt next to rt (&) (6:00)

[\*RESTART HERE ON WALL 4, SEE NOTE BELOW]

## SECTION 3: RUN, LUNGE ROCK, CHASE TURN, PRISSY WALK X 2.

1&2                      Run fwd rt (1), lt (&), rt (2)  
3,4&                      Lunge fwd on lt (3), Recover weight on rt (4) Step lt next to rt (&  
5&6                      Step fwd on rt (5), Pivot ½ turn lt (&), Step fwd on rt (6) (12:00)  
7,8                      Cross lt fwd over rt (7), Cross rt fwd over lt (8)

## SECTION 4: CHASSE TURN LT, CROSS UNWIND, CHASSE TURN RT, MAMBO.

1&2                      Step lt to side (1), Step rt next to lt (&). Turn ¼ lt stepping lt fwd (2) (9:00)  
3,4                      Cross rt over lt (3), Unwind ¾ turn lt (4) (12:00)  
5&6.                      Step rt to side (5), Step lt next to rt (&), Turn ¼ rt stepping rt fwd. (6) (3:00)  
7&8                      Rock fwd on lt (7), Recover weight on rt (&), Step back on lt (8).

## SECTION 5: MONTEREY POINT CLOSE, SWAY X 2, SHUFFLE, TURN SHUFFLE.

1&2                      Point rt to side (1), Turn ¼ rt stepping rt next to lt (&), Point lt to side (2) (6:00)  
&3,4                      Close lt next to rt (&), Step rt to side swaying rt (3), Sway lt (4)  
5&6                      Step rt fwd (5), Step lt next to rt (&), Step rt fwd (6)  
7&8                      ½ Turn rt stepping back lt (7), Step rt next to lt (&), Step back lt (8) (12:00)

## SECTION 6: TURN SHUFFLE, MAMBO, COASTER CROSS, BASIC N.C.

1&2                      ½ turn rt stepping fwd on rt (1), Step lt next to rt (&), Step fwd on rt (2) (6:00)  
3&4                      Rock fwd on lt (3), Recover weight on rt (&), Step back on lt (4)  
5&6                      Step back on rt (5), Step lt next to rt (&), Cross rt over lt (6)  
7,8&                      Long step side on lt (7), Rock rt behind lt (8), Cross lt over rt (&) (6:00)

Start Again.

RESTART: There is one Restart on wall 4 which starts facing 6:00.  
Dance up to count 16&\* then Restart from beginning facing 12:00.

FINISH: To finish facing 12:00 last wall 6 which starts facing 6:00. Dance up to count 11\*\* facing 12:00 then

dance a coaster cross [Step back on rt (12), Step lt next to rt (&), Cross rt over lt (13), hold]

Contact: [brian.woodford17@btinternet.com](mailto:brian.woodford17@btinternet.com)

---