

# Run

拍数: 96      墙数: 0      级数: Phrased Novice  
编舞者: Raymond Sarlemijn (NL) & Darren Bailey (UK) - April 2016  
音乐: Run - Tiggs Da Author



Counts/Walls: A, B, A, B, B, A, 32 counts of A, B, B, A, A

## Part A – 64 counts

### A1: Point R, Touch, Side R, Touch L, L vine with ¼ turn L and scuff

1-2      Point RF to R side, Touch RF next to LF  
3-4      Step RF to R side, Touch LF next to RF  
5-6      Step LF to L side, Cross RF behind LF  
7-8      Make a ¼ turn L and step forward on LF, Scuff RF forward

### A2: Forward R, ¼ turn L with touch, Side L, Touch R, Forward R, ¼ turn L with touch, Side L, Touch R

1-2      Step forward on RF, make a ¼ turn L and touch LF next to RF  
3-4      Step LF to L side, Touch RF next to LF  
5-6      Step forward on RF, make a ¼ turn L and touch LF next to RF  
7-8      Step LF to L side, Touch RF next to LF

### A3: R Lock to R diagonal, Touch, L Lock to L diagonal, Touch

1-2      Step RF forward to R diagonal, Lock LF behind RF  
3-4      Step RF forward to R diagonal, Touch LF next to RF  
5-6      Step LF forward to L diagonal, Lock RF behind LF  
7-8      Step LF forward to L diagonal, Touch RF next to LF

### A4: Out R, Out L, In R, In L, R hand in, L hand in, R hand forward, L hand forward

1-2      Step RF to R side, Step LF to L side  
3-4      Step RF In towards LF, Step LF next to RF  
5-6      Push R hand down in front of you, Push L hand down in front of you  
7-8      Push R hand forward, Push L hand forward

### A5: Back diagonal R, Touch, Back diagonal L, Touch, Back diagonal R, Touch, Side L, Touch

1-2      Step RF back to R diagonal, Touch LF next to RF  
3-4      Step LF back to L diagonal, Touch RF next to LF  
5-6      Step RF back to R diagonal, Touch LF next to RF  
7-8      Step LF to L side, Touch RF next to LF

### A6: Step R, Close, x4

1-2      Step RF to R side, Close LF next to RF  
3-4      Step RF to R side, Close LF next to RF  
5-6      Step RF to R side, Close LF next to RF  
7-8      Step RF to R side, Touch LF next to RF

### A7: Step L, Bounce or pop, Step L, Bounce or pop

1-2      Step LF to L side, Pump chest forward twice (or two little bounces)  
3-4      Close RF next to LF, Hold  
5-6      Step LF to L side, Pump chest forward twice (or two little bounces)  
7-8      Touch RF next to LF, Hold

### A8: Paddle turns making a ½ turn L

1-2      Step RF to R side, Make a 1/8 turn L (take weight onto LF)  
3-4      Step RF to R side, Make a 1/8 turn L (take weight onto LF)

- 5-6 Step RF to R side, Make a 1/8 turn L (take weight onto LF)  
7-8 Step RF to R side, Make a 1/8 turn L (take weight onto LF)

**Part B – 32 counts**

**B1: Slow motion run R, Slow motion run L, Run forward R, L, R, L**

- 1-2 Step forward on ball of RF, push LF back across floor  
3-4 Step forward on ball of LF, push RF back across floor  
5-6 Step forward on RF, Step forward on LF  
7-8 Step forward on RF, Step forward on LF

**B2: Slow motion run R, Slow motion run L, Run back R, L, R, L**

- 1-2 Step forward on ball of RF, push LF back across floor  
3-4 Step forward on ball of LF, push RF back across floor  
5-6 Step back on RF, Step back on LF  
7-8 Step back on RF, Step back on LF

**B3: Weave to R, Cross rock with R, Recover, Side, Hold**

- 1-2 Cross RF in front of LF, Step LF to L side  
3-4 Cross RF behind LF, Step LF to L side  
5-6 Cross rock RF in front of LF, Recover onto LF  
7-8 Step RF to R side, Hold

**B4: Weave to L, Cross rock with L, Recover, Side, Hold**

- 1-2 Cross LF in front of RF, Step RF to R side  
3-4 Cross LF behind RF, Step RF to R side  
5-6 Cross rock LF in front of RF, Recover onto RF  
7-8 Step LF to L side, Hold

Hope you enjoy the dance.

Live to Love; Dance to Express.

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