

# Born to Run

拍数: 64      墙数: 2      级数: Improver  
编舞者: Jo Myers (UK) - April 2020  
音乐: Born to Run - Jessie Buckley : (Album: Wild Rose, motion picture soundtrack)



Music Download available from Amazon.co.uk and iTunes

#16 count intro

There are easy Restarts and one simple Tag (see Sections 7/8)

## SEC 1: GRAPEVINE 1/4 TURN RIGHT, STEP PIVOT 1/2, 1/4 TURN, HOLD

1-2            Step right to right side. Step left behind right.  
3-4            Step right 1/4 turn right. Hold. (3:00)  
5-6            Step forward on left. Pivot 1/2 turn right.  
7-8            Make further 1/4 turn right stepping left next to right. Hold. (12:00)

## SEC 2: BEHIND SIDE CROSS, HOLD, ROCK & CROSS, HOLD

1-2            Step right behind left. Step left to left side.  
3-4            Cross right over left. Hold.  
5-6            Rock left to left side. Recover onto right.  
7-8            Cross left over right. Hold.

## SEC 3: CHASSÉ RIGHT, HITCH 1/4 TURN LEFT, SHUFFLE FORWARD

1-2            Step right to right side. Close left beside right.  
3-4            Step right to right side. Hitch left making 1/4 turn left.  
5-6            Step left forward. Close right beside left.  
7-8            Step forward on left. Hold. (9:00)

## SEC 4: STEP PIVOT 1/2, STEP HOLD, STEP PIVOT 1/2, STEP HOLD

1-2            Step forward on right. Pivot 1/2 turn left.  
3-4            Step forward on right. Hold.  
5-6            Step forward on left. Pivot 1/2 turn right.  
7-8            Step forward on left. Hold.

Non-turning option - Counts 1-8: Right forward mambo. Hold. Left coaster step. Hold.

## SEC 5: WEAVE LEFT, CROSS ROCK SIDE

1-2            Cross right over left. Step left to left side.  
3-4            Step right behind left. Step left to left side.  
5-6            Cross rock right over left. Recover onto left.  
7-8            Step right to right side. Hold.

## SEC 6: WEAVE RIGHT, ROCK 1/4 TURN LEFT

1-2            Cross left over right. Step right to side.  
3-4            Step left behind right. Step right to side.  
5-6            Cross rock left over right. Recover onto right.  
7-8            Turn 1/4 left stepping left forward. Hold. (6:00)

## SEC 7: STEP PIVOT 1/2, STEP HOLD, STEP PIVOT 1/2, STEP HOLD

1-2            Step forward on right. Pivot 1/2 turn left.  
3-4            Step forward on right. Hold.  
5-6            Step forward on left. Pivot 1/2 turn right.  
7-8            Step forward on left. Hold.

Non-turning option - Counts 1-8: Right forward mambo. Hold. Left coaster step. Hold.

**Restart: Walls 7 and 8 - omit final 8 counts (section 8) and start the dance again.**

**SEC 8: SUGAR FOOT RIGHT\*, HOLD, SUGAR FOOT LEFT, HOLD**

1-2 Touch right toe to left instep. Touch right heel to left instep.

3-4 Step forward on right. Hold.

**\* Restart: Walls 2 and 4 -**

**Omit count 4 (Hold) and Step forward on left to start the dance again (facing 12:00).**

5-6 Touch left toe to right instep. Touch left heel to right instep.

7-8 Step left forward. Hold. (6:00)

**TAG: End of Wall 5: Forward Mambo Step, Hold, Coaster Step, Hold**

1-2 Rock forward on right. Rock back on left.

3-4 Step right back. Hold.

5-6 Step left back. Step right beside left.

7-8 Step left forward. Hold.

**Dance ends on Wall 9 after Section 1, facing 12:00.**

**ENJOY!**

**Contact: Jo Myers [mm0013592@blueyonder.co.uk](mailto:mm0013592@blueyonder.co.uk)**

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