

# Run

拍数: 32      墙数: 4      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - June 2021  
音乐: Run - OneRepublic : (Spotify / iTunes)



(16 counts intro)

**[S1] Back, Back Mambo, Step-1/4L-Cross-Side-Behind Rock-Side, Behind**

1 2&3      Step back on R, Rock back on L, Recover weight on R, Step forward on L  
4&      Step forward on R, Make a 1/4 turn left recover weight on L (9:00)  
5&6&      Cross R over L, Step L to the side, Rock L behind R, Recover/cross L over R  
7 8      Step R to the side, Step L behind R

**[S2] 1/4R, Step-Pivot 1/2R-Fwd, 1/2L-Together, Running Turn 1/2L, Fwd-Together, Back Together**

1      Make a 1/4 turn right stepping forward on R (12:00)  
2&3      Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (6:00)  
4&      Make a 1/2 turn left stepping back on R, Step L together(1 2:00)  
5&6      (Run backwards 1/2 turning left) - Step back on R, Make a 1/2 turn left stepping forward on L,  
Step slightly forward on R (6:00)  
&7      Step forward on L, Step R together  
8&      Step back on L, Step R together

**[S3] Cross-Samba-Cross-Point, Step-Spiral 1/2R, Cross Samba-Cross-Point, Out-Out (Starting V Step)**

1&2      Cross L over R, Rock R to the side, Recover weight on L  
&3      Cross R over L, Point L toe to the side  
4      Step forward on L and make a swift 1/2 spiral turn right (12:00)  
5&6      Cross R over L, Rock L to the side, Recover weight on R  
&7      Cross L over R, Point R toe to the side\*\*  
8&      Step diagonally out on R, Step diagonally out on L

**[S4] (Continue) In-In, Fwd-Step-Pivot 1/4R, 2x Back Point-Hitch Turn-Fwd, Fwd, 1/2R**

1&      Step back on R to the centre, Step L next to R  
2&3      Step forward on R, Step forward on L, Make a 1/4 turn right recover weight on R (3:00)  
4&5      Touch back on L, Make a 1/4 turn left on R foot, Step forward on L (12:00)  
&6&      Touch back on R, Make a 1/4 turn right on L foot, Step forward on R (3:00)  
7 8      Step forward on L, Make a 1/2 turn right weight ends on L (9:00)

**\*16 Counts Tag: At the end of Wall 1 (9:00) and Wall 4 (12:00)**

**[S1] 1/4 Turn Run Sequence (Back-Fwd-Back-Fwd), Fwd, Touch**

1&2      Run back on R-L-R  
&3&      Make a 1/4 turn left run forward on L-R-L  
4&5      Make a 1/4 turn left run back on R-L-R  
&6      Make a 1/4 turn left run forward on L-R  
7 8      Step forward on L, Touch R next to L

**[S2] 1/4 Turn Run Sequence (Fwd-Back-Fwd-Back), Back, Touch**

1&2      Run forward on R-L-R  
&3&      Make a 1/4 turn right run back on L-R-L  
4&5      Make a 1/4 turn right run forward on R-L-R  
&6      Make a 1/4 turn right run back on L-R  
7 8      Step back on L, Touch R next to L

**TAG: 24 counts Tag: At the end of Wall 7 (starts at 3:00, finishes at 12:00) - Do "16 Counts Tag" and repeat the last 8 counts (S2).**

**Followed by the last wall (Wall 8), dance up to count 23\*\*, then Run forward on R-L-R (8&1).**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 2/June/21)**

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