

# Running Back

拍数: 32      墙数: 4      级数: Improver  
编舞者: Aitch & Dee Dee  
音乐: Running Back for More - Louise



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## ROCK LEFT RECOVER, BEHIND ¼ TURN RIGHT, STEP FORWARD

1-2      Rock to left on left, recover weight on to right  
3&4      Cross left behind right, make ¼ turn to right, on right, step forward on left

## ROCK FORWARD RECOVER, RIGHT COASTER STEP

5-6      Rock forward on to right foot, recover weight on to left  
7&8      Step back right, step left beside right, step forward on right

## STEP ½ PIVOT, LEFT SHUFFLE FORWARD

9-10      Step forward on left, pivot ½ turn right  
11&12      Shuffle forward left, right, left

## RIGHT & LEFT SIDE TOGETHER CROSS

13&14      Step right to right side, close left beside right, cross right over left  
15&16      Step left to left side, close right beside left, cross left over right

## RONDE ½ TURN LEFT, LEFT & RIGHT SAILOR SHUFFLES ROCK RECOVER

17-18      Sweep right foot round ½ turn left and step onto right  
19&20      Cross left behind right, step right to right side, step left in place  
21&22      Cross right behind left, step left to left side, step right in place  
23-24      Rock forward on left, recover weight onto right

## LEFT COASTER, DIAGONAL CHARLESTON STEPS, CROSS SHUFFLE

25&26      Step back on left, close right to left, step forward left  
27-28      Cross right over left & step diagonally forward left onto right foot & touch left heel diagonally left  
29-30      Step back diagonally right onto left foot and point right toe back diagonally right  
31&32      Cross right over left, step left to left, cross right over left

## REPEAT

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