

# Do A Runner

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Run - Gil Grand



Intro: 48 counts.

## Fwd mambo , back mambo, apple jacks.( optional heel and toe)

1&2            step fwd on right, step left in place, step right beside left  
3&4            step back on left, step right in place, step left beside right, take weight onto right toe and left heel  
5&6            swivel right heel and left toe to left, swivel feet back to place, take weight onto left toe and right heel, swivel to right  
& s            wivel feet back in place  
7&8&          repeat 5&6&

## Option to apple jacks:

5&6            touch right heel fwd, step right beside left, touch left toe in place  
7&8            touch left heel fwd, step left beside right, touch right toe in place

## Step right fwd, swivel 1/4 left, toe point , heel scuff, jazz box.

1-2            step fwd on right, swivel 1/4 turn left on both feet,  
3-4            point right toe to left (heel raised) scuff right heel fwd;  
5-6            cross right over left, step back on left  
7-8            step right beside left, touch left in place (weight on right),

## Side rock, cross shuffle, side chasse, back rock.

1-2            rock left to left side, recover on right,  
3&4            cross shuffle to right, stepping left , right, left,  
5&6            chasse to right stepping right, left, right,  
7-8            rock back on left, recover on right,

## Heel digs, fwd step, two kick ball changes.

1&2&          dig left heel fwd, step left beside right, dig right heel fwd, step right beside left,  
3-4            long step fwd on left, step right beside left  
5&6            kick right leg fwd, step right beside left, step left in place  
7&8            repeat steps 5&6,

Dance TAG here during wall 1. Then restart from the beginning.

## Weave left with heel jacks, weave right with heel jacks.

1-2            cross right over left, step left to left side  
3&4&          cross right behind left, step left beside right, dig right heel diagonally fwd, step right in place  
5-6            cross left over right, step right to right side,  
7&8&          cross left behind right, step right to right side, dig left heel diagonally fwd, step left in place

## Lock steps and claps, 1/4 turn right, fwd mambo.

1-2&          cross right over left, hold and clap, step left behind right,  
3-4            cross right over left, hold and clap,  
5-6            rock left to left side, recover on right with 1/4 turn right,  
7&8            step fwd on left, step right in place, step left beside right,

## Scuff and hitch on right, stomps x2 sailor steps x2.

1-2            scuff and hitch right fwd, step right beside left,  
3-4            stomp left in place, stomp right in place,

5&6 cross left behind right, step right beside left, step left in place,  
7&8 cross right behind left, step left beside right, step left in place,

**Step 1/2 turn and kick, shuffle back, back rock, shuffle fwd.**

1-2 step fwd on left, pivot 1/2 turn right and kick right fwd,  
3&4 shuffle back, stepping right, left, right,  
5-6 rock back on left, recover on right,  
7&8 shuffle fwd, stepping left, right, right.

**Begin again**

**Tag:**

**After count 32 of first wall, (after two kick ball changes)  
step fwd on right, pivot 1/2 turn left, and repeat.**

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