

# Run

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - May 2009  
音乐: Run (Wayne G Radio Edit) - Jamie Knight



Start after 32 count intro on verse vocals – 127bpm

**(1-8) R fwd, ½ R & L back, R coaster step, L full turn fwd, L fwd shuffle**

- 1-2      Step R forward in extended 5th, turning ½ right step L back (6 o'clock)
- 3&4      Step R back, step L together, step R forward
- 5-6      Step L forward in extended 5th, turning ½ left step R back (and lift L)
- 7&8      Turning ½ left step L forward, step R together, step L forward (6 o'clock)

**(9-16) R 2 step jazz, R ball cross & unwind ½ R, R back rock & recover, R fwd rock & recover**

- 1-2      Cross step R over L, step L back
- &3-4      Step R back, cross step L over R, unwind ½ right ending with weight on L (12 o'clock)
- 5-6      Rock R back, recover weight on L

**Restart: During 3rd wall dance this far and then add the following 2 counts and restart the dance:**

- 7-8      Walk fwd R, L, or full turn L over 2 counts

- 7-8      Rock R forward, recover weight on L

**(17-24) R ball cross & weave R 2, L sailor, weave L 2, R sailor**

- &1-2      Step R back, cross step L over R, step R side
- 3&4      Cross step L behind R, step R side, step L side
- 5-6      Cross step R over L, step L side
- 7&8      Cross step R behind L, step L side, step R side

**(25-32) L touch behind, unwind ¾ L, R fwd rock & recover, R full turn back, R coaster step**

- 1-2      Touch L behind, unwind ¾ left with weight ending on L (3 o'clock)
- 3-4      Rock R forward, recover weight on L
- 5-6      Turning ½ right step R fwd, turning ½ right step L back
- 7&8      Step R back, step L together, step R forward

**(33-40) L fwd, R side rock-recover-cross step, L side rock & recover, L behind-side-cross, unwind ½ R**

- 1      Step L forward
- 2&3      Rock R side, recover weight on L, cross step R over L
- 4-5      Rock L side, recover weight on R
- 6&      Cross step L behind R, step R side
- 7-8      Cross step L over R, unwind ½ right with weight ending on R (9 o'clock)

**(41-48) L fwd, R side rock-recover-cross step, L side rock & recover, L behind, ¼ R & R fwd, L & R fwd**

- 1      Step L forward
- 2&3      Rock R side, recover weight on L, cross step R over L
- 4-5      Rock L side, recover weight on R
- 6&      Cross step L behind R, turning ¼ right step R forward (12 o'clock)
- 7-8      Step L forward, step R forward

**(49-56) L fwd rock & recover, L together, ½ R monterey, L fwd rock & recover, ¼ R monterey**

- 1-2&      Rock L forward, recover weight on R, step L together
- 3-4      Point R toes to side, turning ½ right step R together (6 o'clock)
- 5-6&      Rock L forward, recover weight on R, step L together

7-8 Point R toes to side, turning  $\frac{1}{4}$  right step R together (9 o'clock)

**(57-64) Weave R 2,  $\frac{1}{4}$  L toaster step, L fwd full turn, walk fwd 2 (or another L full turn fwd)**

1-2 Cross step L over R, step R side

3&4 Turning  $\frac{1}{4}$  left step L back, step R together, step L forward (in extended 5th) (6 o'clock)

5-6 Turning forward  $\frac{1}{2}$  left step R back, turning  $\frac{1}{2}$  left step L forward (or simply walk forward R,L)

7-8 Step R forward, step L forward (or execute a 2nd full forward full turn on 7-8)

**Big ending: On counts 63-64 do a  $\frac{1}{2}$  pivot turn L and strike a pose!**

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