

# 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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