

# Run 2 U

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Cody James Lutz (USA) - October 2014  
音樂: Run (feat. RedFoo of LMFAO) - Flo Rida



Begin on lyrics. 32 Count Intro.

## KICK AND CROSS, OUT, KICK AND CROSS, PRESS, RECOVER, ½ TURN SAILORSTEP

1&2&      Kick right forward, step ball of right next to left, cross left over right, step right to right  
3&4      Kick left forward, step ball of left next to right, cross right over left  
56      Press left out to left, recover weight to right  
7&8      Step left behind right, step right out to right, make a ½ turn left stepping left forward

## CROSS, OUT, BALL-CROSS, OUT, BALL-CROSS, OUT, RECOVER, ¾ TURN

1      Cross right over left  
2&3      Step left out to left, step ball of right next to left, cross left over right  
4&5      Step right out to right, step ball of left next to right, cross right over left  
6&      Step left out to left, recover weight to right  
7&8      Step left toe behind right, make a ¾ turn left with weight on left toe, step down on left

## STEP, CROSS-ROCK, RECOVER, 2 FULL TURNS, BACK SHUFFLE

123      Step forward on right, cross rock left over right, recover weight to right  
45      Make a ½ turn left stepping forward on left, make a ½ turn left stepping back on right  
6      Make a ½ turn left stepping forward on left  
7&8      Make a ½ turn left stepping back on right, step left together with right, step back on right

**Note: On count 2, you are prepping body for a two full-turn unwind to the left.**

## BACKSTEP, COASTER STEP, WALK x3, HEEL TURNS

12&3      Step back on left, step back on right, bring left together with right, step forward on right  
456      Step forward on left, step forward on right, step forward on left  
7&8&      Swivel R heel ¼ left, swivel L heel ¼ left, swivel R heel ¼ right, swivel L heel ¼ right

## KICK AND ROCK BACK x3, ½ CHASE TURN

1&2&      Kick right forward, step right next to left, rock back on left, recover weight to right  
3&4&      Kick left forward, step left next to right, rock back on right, recover weight to left  
5&6&      Kick right forward, step right next to left, rock back on left, recover weight to right  
7&8      Step forward on left, recover weight to right, make a ½ turn right stepping forward on left

## KICKSTEP LOCKSTEP x2, ROCK, RECOVER, ½ TURN SHUFFLE

1&2&      Kick right forward, step down on right, step left behind right, step forward on right  
3&4&      Kick left forward, step down on left, step right behind left, step forward on left  
56      Rock forward on right, recover weight to left  
7&8      Make a ½ turn left stepping forward on right, bring left together, step forward on right

## ¼ TURN ROCK, RECOVER, BALL PRESS, OUT, HOLD, BALL PRESS, OUT, HOLD, RIGHT BODYROLL

12      Make a ¼ turn right stepping left to left, recover weight to right  
&34      Step ball of left next to right, step right to right, hold  
&56      Step ball of left next to right, step right to right, hold  
&78      Pivot body to right diagonal forward, body roll, downwards

## TOUCH, TOUCH, SAILOR STEP, BEHIND SIDE CROSS, ½ TURN UNWIND

12      Touch left forward crossing over right, touch left to left side

3&4 Step left behind right, step right out to right, step left out to left side  
56 Step right behind left, step left out to left side  
78 Cross right over left, unwind  $\frac{1}{2}$  turn left taking weight equally on both feet

**Restart.**

**TAG: After Walls 2 and 4, there is a 8.5 count tag. Hold for a half-count, then perform a full turn walk around to the left, stepping right, left, right, left, right, left, right, left.**

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