

# Run

拍數: 48      牆數: 2      級數: High Intermediate waltz  
編舞者: Scott Blevins (USA) - January 2015  
音樂: Run - Marsha Ambrosius : (Album: Friends and Lovers)



## #24 count intro to start on the lyric "Run"

With two Restarts occurring after count 24 on rotations 2 and 7

### [1 – 6] CROSS BODY LUNGE, SLOW UNWIND ½ RIGHT

1-2-3      1-2-3) Cross body lunge L across R as you slowly torque body to left extending R arm fwd  
4-5-6      4-5-6) Slowly turn ½ right taking weight on R [6:00]

### [7-12] CROSS, ¼ LEFT, ½ LEFT, ¼ LEFT, TOGETHER, CROSS

1-2-3      1) Step L across R; 2) Turn ¼ left stepping R back; 3) Turn ½ left stepping L fwd [9:00]  
4-5-6      4) Turn ¼ left stepping R to right; 5) Step L next to R; 6) Step R across L [6:00]

### [13-18] ½ TURN RIGHT OVER 2 COUNTS ON L, SIDE, CROSS, SIDE, BEHIND

1-2-3      1) Turn ¼ right stepping L back; 2) Continue turning on L another ¼ right to complete a smooth ½ turn over two counts; 3) Step R to right [12:00]  
4-5-6      4) Step L across R; 5) Step R to right; 6) Step L behind R

### [19-24] ½ TURN RIGHT OVER 2 COUNTS ON R, CROSS, ¼ LEFT, ½ LEFT, FWD

1-2-3      1) Turn ¼ right stepping R fwd; 2) Continue turning on R another ¼ right as you finish a smooth ½ turn over two counts on R; 3) Step L across R [6:00]  
4-5-6      4) Turn ¼ left stepping R back; 5) Turn ½ left stepping L fwd; 6) Step R fwd [9:00]

**Note: On the Restarts, count 24 (6) of this section will become a ¼ turn left stepping R to right.**

**On rotation 2, you will start facing the original 6 O'clock wall, on count 24 you make this ¼ turn to face the original 12 O'clock wall and then Restart from the top of the dance.**

**On rotation 7, you will start facing the original 12 O'clock wall, on count 24 you will make this ¼ turn to face the original 6 O'clock wall and then Restart from the top of the dance.**

### [25-30] FWD, 2 COUNT SPIRAL, FWD, ¼ RIGHT 2 COUNT ROCK, RECOVER,

a-1-2-3      a) Step ball of L fwd; 1-2) Over two counts make a full spiral turn to right (weight on L); 3) Step R fwd  
4-5-6      4-5) Turn ¼ right rocking onto a straight L leg to left for two counts [12:00]; 6) Recover to R

### [31-36] 1/8 CROSS, 1/8 BACK, LOCK, 1/8 BACK, 1/8 SIDE, ¼ FWD

1-2-3      1) Turn 1/8 left stepping L across R; 2) Turn 1/8 left stepping ball of R back; 3) Lock L over R  
4-5-6      4) Turn 1/8 left stepping R back; 5) Turn 1/8 left stepping L to left; 6) Turn 1/4 left stepping R fwd [3:00]

**Note: Steps 31-36 make up a combination of steps called a Viennese Turn.**

**You are meant to make a gradual ¾ turn left over the 6 steps, traveling toward 3 O'clock..**

### [37-42] CROSS, SWIVEL, CROSS, SWIVEL

1-2-3      1) Turn 1/8 left stepping L across R [1:00]; 2-3) Swivel/turn ¼ left on ball of L touching R next to L [11:00]  
4-5-6      4) Step R across L 5-6) Swivel/turn ¼ right on ball of R touching L next to R [1:00]

### [43-48] CROSS, SIDE, SIDE, CROSS, ¼ RIGHT, ¼ RIGHT

1-2-3      1) Step L across R squaring up to 12 O'clock; 2) Step R to right; 3) Step L to left  
4-5-6      4) Step R across L; 5) Turn ¼ right stepping L back; 6) Turn ¼ right stepping R to right [6:00]

Enjoy!

