

# Running

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Will Craig (USA) - June 2015  
音樂: Running - James Bay



Count in: After 32 counts

## (1-8) Sweep, Behind Side Cross, Rock and Cross, Side Cross Side, Rock Recover

1 2&      Step back on left sweeping R Behind left (1), Step R behind left (2) Step L to left side (&)  
3 4&      Cross R over left (3), Rock L to left side (4) Recover weight on R (&)  
5 6&      Cross L over right (5), Step R to right side (6) Cross L over right (&)  
7 8&      Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

## (9-16) Step Left To Left Side, Make ½ Turn Right, Side Cross Side, Rock Recover Sway X3, Side Rock Recover

1 2&      Step L to left side (1), Make ½ turn right Stepping R to right (2) Cross L over right (&) (6:00)  
3 4&      Step R to right side (3) Rock L behind right (4) Recover weight to R (&)  
5 6&      Sway L (5) Sway R (6) Sway L (&)  
7 8&      Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

## (17-24) Towards the Diagonal Walk X2 Cross, ¼ Turn Back Back Side, Walk X2 ¼ Back, ½

1 2 &      Step Diagonal left with L (1) Step Diagonal left with R (2) Cross L over right (&) (5:00)  
3 4&      Make ¼ turn left stepping back on R (3) (1:00) Step back on L (4) Step back on R  
5 6 &      Make ¼ turn left stepping L to left side (5) (11:00) Step forward on R (6) Step Forward on L (&)  
7 8      Make 1/8 turn left stepping back on R (7) Make ½ turn left stepping forward on L (8) (3:00)

## (25-32) ¼ Turn Night Club Basic, Side Coaster Step, Step Lock Step, Rock Recover ¼

1 2&      Make ¼ turn left stepping R to right (1) (12:00) Rock L behind right (2) Recover weight R (&)  
3 4&      Step L to left side (3) Step R back (4) Step L next to right (&)  
5 6&      Step R forward (5) Step L forward (6) Lock R behind left (&)  
7 8&      Step L forward (7) Rock R forward (8) Recover weight to L while making ¼ turn left

## (33-40) Cross, ¼ ¼ Cross, Side Cross Side, Rock Recover, Side Back Together

1 2&      Cross R over left (1) (9:00), Make ¼ turn right stepping L back (2) (12:00), Make ¼ turn right stepping R to right side (&) (3:00)  
3 4&      Cross L over right (3), Step R to right side (4), Cross L over right (&)  
5 6&      Step R to right side (5), Rock L behind right (6), Recover weight to R (&)  
7 8&      Step L to left side (7) Step R back (8) Step L next to right (&)

## (41-48) Step, Step Lock Step, Rock ¼ Cross, ¼ turn, ½ turn, Rock Recover

1 2&      Step Forward R (1) Step L forward (2) Lock R behind left (&)  
3 4&      Step L forward (3) Rock R forward (4) Recover weight to L while making a ¼ turn left (&)(12:00)  
5 6      Cross R over left (5) Make ¼ turn right stepping L back (6) (3:00)  
7 8&      Make ½ turn right stepping R forward (7) (9:00) Rock L forward (8) Recover weight to R (&)

RESTART : On the 4th wall Dance 16 counts and restart Facing the 9:00 wall

Last Update - 6th Oct 2015