

# Run Run Run

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Mike Liadouze (FR) - April 2014  
音樂: Matt Nathanson & Sugarland – Run (110 BPM)



Introduction: □16 counts (after "UNDRESS") □

[1-8] □2x PADDLE TURN 1/2 LEFT, SWEEP 1/2 LEFT, BACK, FWD, 1/4 PIVOT RIGHT, CROSS, SIDE, SPIN 1/2 LEFT, SIDE

1&2&      Step RF forward, ..1/2 turn L.. recover on LF, step RF forward, ..1/2 turn L.. recover on LF□(12:00)  
3-4      ..1/2 turn L.. sweep RF leaning body forward & R leg straight, step RF back□(6:00)  
5&6      Step LF forward, ..1/4 turn R.. recover on RF, cross LF over RF□(9:00)  
&7-8      Step RF side, ..spin 1/2 turn L.. hooking LF over RF, step LF side□(3:00)

[9-16] □TOGETHER, SLOW SIDE ROCK, CROSS SHUFFLE, SIDE ROCK 1/4 LEFT

&1-2      Step LF together, rock step LF side, HOLD (option : SNAP R fingers)  
3-4      Recover on RF, slide LF next to RF  
5&6      Cross LF over RF, step RF together, cross LF over RF  
7-8      Rock step RF side, ..1/4 turn L.. recover on LF□(12:00)

[17-24] □3x WALK FORWARD, HOLD, FWD, SIDE ROCK, CROSS, UNWIND 1/2 LEFT

1-4      Three step forward (R-L-R), HOLD (option : SNAP R fingers)  
5&6      Step LF forward, rock step RF side, recover on LF  
7-8      Cross RF over LF, ..unwind 1/2 turn L.. sweep LF back□(6:00)

[25-32] □SAILOR STEP, BACK ROCK, TOUCH, 2x WALK FORWARD, ANCHOR STEP

1&2      Cross LF behind RF, step RF side, step LF side  
3&4      Cross rock RF behind LF, recover on LF, touch R toe side  
5-6      Two step forward (R-L)  
7&8      Cross RF behind LF, recover on LF, step RF slightly back

RESTART 3 (WALL 6) after count 30 replace ANCHOR STEP by 2x WALK FORWARD and restart dance□(6:00)

[33-40] □3x WALK BACK, HOLD, BACK, SIDE ROCK, TOUCH, UNWIND 1/2 LEFT

1-4      Three step back (L-R-L), HOLD (option : SNAP L fingers)  
5&6      Step RF back, rock step LF side, recover on RF  
7-8      Cross touch L toe behind RF, ..unwind 1/2 turn L.. step LF forward□(12:00)

[41-48] □BODY ROLL BACK, 2x WALK BACK, LOCK, BACK, COASTER STEP

1-2      Body roll from head to feet, step RF back  
3-6      Two step back (L-R), lock LF over RF, step RF back  
7&8      Step LF back, step RF together, step LF forward

RESTART 2 (WALL 4) after count 48 restart dance□(6:00)

[49-56] □2x WALK FORWARD, TRIPLE FWD 1/2 RIGHT, LOCK, BACK, BACK, ROCK BACK

1-2      Two step forward (R-L)  
3&4      ..1/8 turn R.. cross RF over LF, ..1/8 turn R.. step LF side, ..1/4 turn R.. step RF slightly back □(6:00)  
5&6      Lock LF over RF, step RF slightly back, step LF slightly back  
7-8      Rock step RF back, recover on LF

RESTART 1 (WALL 2) after count 56 restart dance□(12:00)

**[57-64] □2x (KICK BALL CHANGE, RUN RUN RUN)**

- 1&2 Kick RF forward, step RF together, step LF slightly forward
- 3&4 Three step forward (R-L-R)
- 5&6 Kick LF forward, step LF together, step RF slightly forward
- 7&8 Three step forward (L-R-L)

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