

# Running

拍數: 48      牆數: 4      級數: Improver  
編舞者: Adrian Helliker (FR) & Tina Chen Sue-Huei (TW) - March 2016  
音樂: Running - Mike Lane



Intro: 8 counts into track

## [1-8] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, SIDE, CROSS

1 -2      Tap right heel forward twice to right diagonal  
3&4      Step right behind left, step left to left side, cross right over left  
5 -6      Tap left heel forward twice to left diagonal  
7&8      Step left behind right, step right to right side, cross left over right

## [9-16] ¼ RIGHT WALK FORWARD, ¼ TURNING CHASSE, ¼ RIGHT WALK FORWARD, RIGHT SHUFFLE FORWARD

1-2      ¼ turn right stepping right forward (3:00) , step left forward  
3&4      ¼ turn right stepping right forward(6:00) , step left beside right, step right forward  
5-6      ¼ turn right stepping left forward(9:00), step right forward  
7&8      Right shuffle forward, stepping Left-Right-Left

## [17-24] POINT FORWARD, STEP BACK, COASTER STEP LEFT, SHUFFLE FORWARDS RIGHT, ½ TURNING SHUFFLE

1-2      point right forward, step back on right  
3&4      Step back on left, step right beside left, step left forward  
5-6      Forward on right, close left beside right, step forward on right  
7&8      ½ Turning shuffle turning right stepping left, right, left (3:00)

## [25-32] SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS RIGHT & LEFT

1&2&      Rock right to right side, recover onto left, rock right over left, recover onto left  
3&4      Rock right to right side, recover onto left, cross right over left weight on right  
5&6&      Rock left to left side, recover onto right, rock left over right, recover onto right  
7&8      Rock right to right side, recover onto left, cross right over left weight on right

## [33-40] RIGHT TAP X2, BEHIND, SIDE, CROSS, LEFT TAP X2 , BEHIND, ¼ STEP, FORWARD

1-2      Tap right heel forward twice to right diagonal  
3&4      Step right behind left, step left to left side, cross right over left  
5-6      Tap left heel forward twice to left diagonal  
7&8      Step left behind right, ¼ turn right stepping forward on right, step left forward (6:00)

## [41-48] WALK X2, RIGHT KICK BALL, ¼ RIGHT MAMBO FWD, LEFT CROSS MAMBO

1&2      Walk forward right, walk forward left  
3-4      Kick right foot forward, step right ball back in place, step left forward  
5&6      Rock forward on right, recover back on left, ¼ turn stepping right to right side (9:00)  
7&8      Cross rock left over right, recover back on right, step left to left side