

# Running EZ

**COPPER KNOB**  
STEPSHETS

拍數: 16      牆數: 4      級數: Beginner NC  
編舞者: Elaine Cook (CAN) - June 2016  
音樂: Running - James Bay



**Intro: 32 Counts - No Tags Or Restarts**

**[1-8]□□Nightclub, Step ¼ L, Shuffle Forward, Rock Step, Coaster**

1-2&3      Step side right, rock back left, recover right, turn ¼ left stepping forward left  
4&5      Shuffle forward right, left, right  
6-7      Rock forward left, recover right  
8&1      Step left back, step right beside left, step left forward

**[9-16]□□Sway, Sway, Back Weave 3, Sway Sway, Sway**

2-3      Sway right, left  
4&5      Step right behind left, step left to side, cross right over left  
6-7-8      Sway left, right, left

**Choreographer's Notes:**

Written for our Beginner dancers as a floor split for Will Craig's Intermediate dance "Running"

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