

# Running Man

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Sabine Stalder & Alice Berini (CH) - August 2019  
音樂: Running Man - Ollie Gabriel : (iTunes)



Count In: 16 counts

## #1: 4x: Side, Touch With ¼ Turn; Touch, Touch, Triple Step

- 1 & 2 &      Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right 06:00  
3 & 4 &      Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right 12:00  
5 - 6      Touch L forward in R diagonal, touch L back 01:30  
7 & 8      Step forward on L, close R behind L, step forward on L 01:30

## #2: Step ½ Turn, 3x Run, Step ½ Turn, 1/8 Turn, Touch

- 1 - 2      Step R forward in R diagonal, ½ turn left (weight on L) 07:30  
3 & 4      Run forward on R, L, R 07:30  
5 - 6      Step L forward, ½ turn right (weight on R) 01:30  
7 - 8      Step L to left side with 1/8 turn right, touch R next to L 03:00

## #3: Step, ½ Turn, Coaster Step, 3x Step Touch, Point

- 1 - 2      Step forward on R, ½ turn left weight ends on R 09:00  
3 & 4      Step back on L, close R next to L, step forward on L 09:00  
5 & 6 &      Step forward on R, touch L next to R, step forward on L, touch R next to L 09:00  
7 & 8 &      Step forward on R, touch L next to R, point L to left side, close L next to R 09:00

## #4: Monterey ½ Turn, Hitch And Heel And Step, Mambo 1/8 Turn Cross

- 1 - 2      Point R to right side, drag R towards L making ½ turn right 03:00  
3 - 4      Point L to left side, hitch left next to right in R diagonal 04:30  
& 5 & 6      Step down on L, tap R heel forward, close R next to L, step forward von L 04:30  
7 & 8      Step R to right side, transfer weight on L, cross R over L with 1/8 turn left 03:00

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