

Run Away

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mike Wilson (USA) & Aurora de Jong (USA) - June 2023
音樂: RUNAWAY - OneRepublic



Start after 16 counts

[1-8]: Run forward x 3, Hitch with throw; Diagonal Step Back and Clap x 2; Side Rock-recover-touch to side; ¼ Sailor Step to Left; Scuff Right Forward

- 1&2& (1&2) Run forward (right step, left step, right step) (&) Hitch left knee (Style Note: throw right arm across body to left)
- 3& (3) Step left foot towards back left diagonal. (&) Touch right foot next to left foot and clap
- 4& (4) Step right foot towards back right diagonal. (&) Touch left foot next to right foot and clap
- 5&6 (5) Rock left foot out to left side, (&) Recover weight onto right foot (6) Point left toe out to left side
- 7&8 Make a left sailor step turning ¼ to left (turning to 9:00): (7) Step left foot behind right beginning ¼ turn, (&) Step right foot to side, (8) Step left foot slightly forward finishing ¼ turn. (ending at 9:00)
- & (&) Scuff right foot forward towards right diagonal.

[9-16]: Step towards diagonal with heel-toe swivel from trailing foot, touch; Left side rock-recover-step forward; Forward right mambo; Run back x 3 ending with ½ turn left.

- 1&2& (1) Step right foot towards right diagonal, (&) Walk left heel to right towards right foot, (2) Walk left toe to right towards right foot, (&) Touch left toe next to right foot
- 3&4 (3) Rock left foot out to left side, (&) Recover weight onto right foot; (4) Step forward on left foot
- 5&6 Mambo forward on right foot: (5) Rock forward on right foot; (&) Recover weight on left foot; (6) Step right foot next to left foot.
- 7&8 Run back (left-right-left) making ½ turn left on last run: (7) Step back on left foot; (&) Step back on right foot; (8) Make ½ turn left stepping forward on left foot. (turning to 3:00)

(Style note: This is similar to a ½ turn shuffle left, but we turn on the last step.)

(Style note 2: Try sweeping your right foot forward after the ½ turn to start the diamond.)

- See style note at end of stepsheet for walls 2 and 4, and for ending on wall 6.

[17-24]: ¾ Diamond Pattern ending at 12:00

- 1&2 (1) Cross right over left, (&) Step left foot to left side, (2) Turn ⅛ to right stepping back on right (4:30)
- 3&4 (3) Step back on left foot, (&) Turn ⅛ to right stepping right foot to right side (6:00), (4) Turn ⅛ to right stepping forward on left foot (7:30)
- 5&6 (5) Step forward on right foot, (&) Turn ⅛ to right stepping left foot to left side (9:00), (6) Turn ⅛ to right stepping back on right foot (10:30)
- 7&8 (7) Step back on left foot, (&) Turn ⅛ to right stepping right foot to right side (12:00), (8) Cross left foot over right foot (remaining at 12:00).

[25-32]: Rock-and-cross x 2; ½ Turn Chase to Left; Rolling Full Right Turn Forward

- 1&2 (1) Rock right foot to right side, (&) Recover weight onto left foot, (2) Cross right foot over left foot
- 3&4 (3) Rock left foot to left side, (&) Recover weight onto right foot, (4) Cross left foot over right foot
- 5&6 (5) Step forward on right foot, (&) Make ½ turn left stepping forward on left foot (6:00), (6) Step forward on right foot.
- 7&8 (7) Make ½ turn right stepping back on left foot (12:00), (&) Make ½ turn right stepping forward on right foot (6:00), (8) Step forward on left foot.

Notes for Counts 13-16:

For style on walls 2 and 4, you can syncopate the rhythm in steps 13-16 to match the rhythm in the lyrics ("Can We Just Let Go"). This would look as follows:

"Can" & "We": (facing 3:00) Mambo forward on right foot:

("Can") Rock forward on right foot; (&) Recover weight on left foot (no lyric here);

("We") Step right foot next to left foot.

"Just" "Let" "Go": Run back (left-right-left) making ½ turn left on last run:

("Just") Step back on left foot; ("Let") Step back on right foot;

("Go") Make ½ turn left stepping forward on left foot. (turning to 9:00)

Wall 6 (which begins facing the back wall) will end around count 15 or 16. Again, you'll be facing 3:00. Wall 6 is not syncopated, but we will modify count 8 to make only a quarter turn left to face the front at the very end:

5&6 (facing 3:00) Mambo forward on right foot: (5) Rock forward on right foot; (&) Recover weight on left foot; (6) Step right foot next to left foot.

7&8 Run back (left-right-left) making ½ turn left on last run: (a) Step back on left foot; (&) Step back on right foot; (8) Make 1/4 turn left stepping to left side on left foot. (turning to 12:00)
[music ends]

For any questions or comments, contact:

Mike Wilson: mjwilso2@gmail.com

Aurora De Jong: aurora.dejong@gmail.com

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