

# Run It

拍數: 32      牆數: 4      級數: Easy Beginner  
編舞者: Geoff Heller (USA) - February 2025  
音樂: Run It - Jelly Roll



Counterclockwise around the room.

Dance starts with Weight on your Left Foot.

**Note: Count approximately 15 Beats at the Start of the Song Before Beginning Dance or Start Dancing Just As Jelly Roll Begins Singing (7 Seconds into the Start of the Song).**

**[1-8] Rock Right, Recover Left; Left Behind Side Cross; Rock Left, Recover Right; Right Behind Side Cross;**

1,2            Side Rock Right, Side Rock Left;  
3&4           Right Behind, Left to the Side, Right Cross Over Left;  
5,6            Side Rock Left, Side Rock Right;  
7&8            Left Behind, Right to the Side, Left Cross Over Right;

**[9-16] Rock Forward; Rock Back; Step ½ Turn; Step ½ Turn;**

1,2            Rock Forward on your Right, Recover Weight on your Left;  
3,4            Rock Back on your Right, Recover Weight on your Left;  
5,6            Step Forward on your Right, ½ Turn over your Left Shoulder;  
7,8            Step Forward on your Right, ½ Turn over your Left Shoulder;

**[17-24] Vine to the Right; Vine to the Left with a ¼ Turn Scuff;**

1,2            Step Out with your Right, Step Behind with your Left,  
3,4            Step Out with your Right, Touch Left Next to Right;  
5,6            Step Out with your Left, Step Behind with your Right,  
7,8            Step Out with your Left making a ¼ Turn over your Left Shoulder, Scuff Right;

**[25-32] V-Step; Step Right, Touch Left; Step Left Touch Right;**

1,2            Step Out Diagonally with your Right, Step Out Diagonally with your Left;  
3,4            Step In Diagonally with your Right, Step In Diagonally with your Left;  
5,6            Step to the Right, Touch Left Next to Right;  
7,8            Step to the Left, Touch Right Next to Left;

**Start Over from Beginning (No Tags or Restarts)**

**For Those More Advanced Dancers: Turn the “Vine to the Left with a ¼ Turn Scuff” (Steps 21 - 24) into a “Rolling Vine to the Left with a ¼ Turn Scuff” and Turn the “Step Right, Touch Left; Step Left Touch Right” (Steps 29 – 32) into “Side, Together, Cross (Right); Side, Together, Cross (Left)”.**

Last Update: 20 Feb 2025