

# Born To Run

拍數: 32      牆數: 4      級數: Improver  
編舞者: Anne Harris (UK)  
音樂: She Was Born to Run - Brooks & Dunn



---

## RIGHT STEP; ½ PIVOT; ½ TURN SHUFFLE; ROCK BACK; RECOVER; LEFT SHUFFLE FORWARD

1-2      Right step forward, turning left pivot ½ turn (weight on left)  
3&4      Still turning left make ½ as you shuffle right, left, right  
5-6      Rock back on to left foot, recover weight forward on to right  
7&8      Shuffle forward left (left forward, right close to left, left forward)

## RIGHT ROCKING CHAIR; ROCK; RECOVER; STEP; ¼ PIVOT; RIGHT CROSS SHUFFLE

1-2      Rock (step) forward on to right, recover weight back on to left  
3-4      Rock (step) back on to right, recover weight forward on to left  
5-6      Right step forward, turning left make ¼ turn (weight on left)  
7&8      Cross shuffle right (traveling to left side)

## LEFT SIDE ROCK; RECOVER; LEFT SAILOR STEP; STEP; ½ PIVOT; RIGHT SHUFFLE FORWARD

1-2      Left rock (step) to left side, recover weight onto right  
3&4      Left step behind right, right step to right side, left step forward slightly  
5-6      Right step forward, turning left pivot ½ turn (weight on left)  
7&8      Shuffle forward right (right forward, left close to right, right forward)

## HEEL FORWARD; TOE BACK; ½ TURN; STEP; ROCK; RECOVER; STEP BACK; TOUCH

1-2      Touch left heel forward, touch left toe back  
3      Turning left make ½ turn as you put weight onto left  
4      Right step forward  
5-6      Rock (step) forward on to left, recover weight back on to right  
7-8      Step back on to left, touch right toes across and to left side of left foot

## REPEAT

## TAG

At end of wall 8 (you will be facing front) you need to add the following 4 counts

### STEP; TOUCH; STEP; TOUCH

1-2      Right step forward, touch left toes beside right  
3-4      Left step forward, touch right toes beside left

As music fades, continue the dance until you face front on last count of dance

---