

# Born 2 Run

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Steve Rutter (UK)  
音樂: She Was Born to Run - Brooks & Dunn



## FORWARD ROCK, SHUFFLE BACK, COASTER STEP, PRISSY WALKS

1-2            Rock forward on right, recover weight back onto left  
3&4           Step back on right, close left beside right, step back on right  
5&6           Step back on left, step back on right, step forward on left  
7-8           Cross right over left, cross left over right

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, SIDE ROCK WITH ¼ TURN RIGHT, KICK BALL-TOUCH

9-10           Rock forward on right, recover weight back onto left  
11&12        Make a half turn right stepping on right, left, right  
13-14        Make a quarter turn right rocking left-to-left side, recover weight onto right  
15&16        Kick left forward, step left beside right, touch right toe out to right side

## FORWARD ROCK, TRIPLE ½ TURN RIGHT TWICE, BACK ROCK

17-18        Rock forward on right, recover weight back onto left  
19&20        Make a half turn right stepping on right, left, right  
21&22        Make a half turn right stepping on left, right, left  
23-24        Rock back on right, recover weight forward onto left

## FORWARD ROCK, COASTER STEP, TOUCH, STEP FORWARD, HEEL SWITCHES

25-26        Rock forward on right, recover weight back onto right  
27&28        Step back on right, step back on left, step forward on right  
29-30        Touch left toe out to left side, step forward on left  
31&32        Touch right heel forward, step right beside left, touch left heel forward

## CLOSE, FORWARD ROCK, TRIPLE ¾ TURN RIGHT, CHASSE LEFT, BACK ROCK

&            Close left beside right  
33-34        Rock forward on right, recover weight back onto left  
35&36        Make a three-quarter turn right stepping on right, left, right  
37&38        Step left-to-left side, close right beside left, step left to left side  
39-40        Rock back on right, recover weight forward onto left

## HEEL GRIND ¼ TURN RIGHT, KICK BALL-CROSS, SIDE ROCK, CROSSING SHUFFLE

41-42        Touch right heel forward, grind the heel into the floor making a quarter turn right  
43&44        Kick right forward, step right beside left, cross left over right  
45-46        Rock right-to-right side, recover weight onto left  
47&48        Cross right over left, step left to left side, cross right over left

## SIDE ROCK, SAILOR STEPS, CROSS BEHIND, SIDE STEP

49-50        Rock left-to-left side, recover weight onto right  
51&52        Cross left behind right, step right to right side (taking weight), replace weight onto left  
53&54        Cross right behind left, step left to left side (taking weight), replace weight onto right  
55-56        Cross left behind right, step right to right side

## CROSS, TOUCH, CROSSING SHUFFLE, CHASSE LEFT, BACK ROCK

57-58        Cross left over right, touch right toe to right side  
59&60        Cross right over left, step left to left side, cross right over left

61&62 Step left-to-left side, close right beside left, step left-to-left side  
63-64 Rock back on right, recover weight forward onto left

**REPEAT**

**TAG**

**Performed once at the end of the 4th wall, only when using "She Was Born To Run"**

**FORWARD ROCK, BACK ROCK**

1-2 Rock forward on right, recover weight back onto left  
3-4 Rock back on left, recover weight forward onto right

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