

# No More Run

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: T.O.M. (The Old Man) - February 2009  
音樂: Run - Amy McDonald : (CD: This is the life)



Intro : 32 counts

## (1-8) Step, Lock, Shuffle Forward, Step, Pivot, Shuffle Forward

1-2            Step right forward, Lock left behind right  
3&4           Right shuffle forward R-L-R  
5-6           Step left forward, ½ Turn right  
7&8           Left shuffle forward L-R-L (06:00)

## (9-16) Step, Lock, Shuffle Forward, Step, Pivot, ½ Turn Shuffle

1-2            Step right forward, Lock left behind right  
3&4           Right shuffle forward R-L-R  
5-6           Step left forward, ½ Turn right  
7&8           ¼ Turn right step left to left side, Close right next to left, ¼ Turn right step left back (06:00)

## (17-24) Walk, Walk, Coaster Step, Walk, Walk, ½ Turn Shuffle

1-2            Walk right back, Walk left back  
3&4           Step right back, close left next to right, step right forward  
5-6           Walk left forward, Walk right forward  
7&8           ¼ Turn right step left to left side, Close right next to left, ¼ Turn right step left back (12:00)

## (25-32) Sway, Sway, Chassé ¼ Turn (x2)

1-2            Step right to right side and sway, Recover and sway  
3&4           Step right to right side, Close left next to right, ¼ Turn right step right forward (03:00)  
5-6           Step left to left side and sway, Recover and sway  
7&8           Step left to left side, Close right next to left, ¼ Turn left step left forward (12:00)

## (33-40) Step, Close, Cross Shuffle (x2)

1-2            Step right to right side, Close left next to right  
3&4           Cross right over left, Step left to left side, Cross right over left  
5-6           Step left to left side, Close right next to left  
7&8           Cross left over right, Step right to right side, Cross left over right

## (41-48) Step, Cross, ¼ Turn, Step, ¾ Turn, Step, Cross, Step ( Figure of eight )

1-2            Step right to right side, Cross left behind right  
3-4           ¼ Turn right step right forward, Step left forward  
5-6           ¾ Turn right, Step left to left side  
7-8           Cross right behind left, Step left to left side

## (49-56) Rock Step, Recover, Sailor Step, Cross, ¼ Turn, Coaster Step

1-2            Step rock right to right side, Recover  
3&4           Cross right behind left, Step left to left side, Step right to right side  
5-6           Cross left over right, ¼ Turn left step right back (09:00)  
7&8           Step left back, Step right next to left, Step left forward

## (57-64) Walk, Walk, Shuffle Forward, Scuf, Hitch, Pivot, Rock, Recover

1-2            Walk right forward, Walk left forward  
3&4           Right shuffle forward R-L-R

5-6 Scuff hitch left and make  $\frac{1}{2}$  turn right on ball of right foot, Step left back  
7-8 Rock Step right back, Recover (03:00)

**Start again.**

---