

# Running Out

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - July 2010  
音樂: Running Out - Scissor Sisters : (CD: Night Work)



**Intro: 40 counts from main rhythm – start on vocals**

## **SIDE, TOGETHER, HEEL GRIND ROCK, SHUFFLE, HEEL SWITCHES WITH ¼ TURN**

1-2            Step right to right, step left beside right  
3-4            Grind right heel forward, recover back onto left  
5&6            Shuffle forward stepping right, left, right  
7&8&          Touch left heel forward, step left beside right, make ¼ turn right & touch right heel forward,  
step right beside left

## **SIDE, TOGETHER, SHUFFLE, FULL TURN, ½ PIVOT**

9-10            Step left to left, step right beside left  
11&12          Shuffle forward stepping left, right, left  
13-14          Make ½ turn left and step right back, make ½ turn left and step left forward

**(alternative option: 2 walks forward)**

15-16          Step right forward, pivot ½ turn left

## **CROSS, SIDE, SAILOR, CROSS ROCK, DIAGONAL COASTER**

17-18          Step right across left, step left to left  
19&20          Step right behind left, step left to left, step right to right  
21-22          Rock left across right, recover onto right  
23&24          Step left back, step right beside left, step left forward

**(counts 21-24 are danced angled towards the right diagonal)**

## **ROCK, BACK SHUFFLE, WALKS BACK, HALF TURN, TOUCH**

25-26          Rock right forward (straightening up), recover onto left  
27&28          Shuffle back stepping right, left, right  
29-30          Walk back stepping left, right  
31-32          Make ½ turn left and step left forward, touch right beside left

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