

# Run With Me

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Theresa Needham (UK) - December 2010  
音樂: Run With Me - Jason Blaine : (CD: Sweet Sundown)



32 count intro from heavy beat.

## TOE TOUCHES R & L, POINT SIDE ¼ R, KICK BALL STEP FORWARD X 2

1 & 2 &            Touch R toe forward, step R beside L, touch L toe forward, step L beside R  
3 – 4              Point R toe to R side, ¼ turn R [3 – 00]  
5 & 6              Kick R foot forward, step R beside L, step forward on L  
7 & 8              Kick R foot forward, step R beside L, step forward on L

## ROCK RECOVER SHUFFLE ½ R, FULL TURN R, FORWARD MAMBO

1 – 2              Rock forward onto R, recover onto L  
3 & 4              Shuffle ½ turn R, [9 – 00]  
5 – 6              Full turn R stepping back on L and forward on R  
7 & 8              Rock forward onto L recover onto R, step L beside R

## CROSS ¼ R, SIDE CHASSE, CROSS SIDE SAILOR ¼ L

1 – 2              Cross R over L, ¼ turn R stepping back on L [12 – 00]  
3 & 4              Step R to R side, step L beside R, step R to R side  
5 – 6              Cross L over R, step R to R side  
7 & 8              Sailor step ¼ turn L [9 – 00]

## SKATE SKATE SHUFFLE, STEP ½ TURN R, SHUFFLE FORWARD

1 – 2              Skate forward R and L  
3 & 4              Shuffle forward on a R,L,R  
5 – 6              Step forward on L, ½ turn R [3 – 00]  
7 & 8              Shuffle forward on a L,R,L

## FORWARD ROCK COASTER CROSS, SIDE ROCK BEHIND ¼ TURN R, STEP

1 – 2              Rock forward onto R, recover onto L  
3 & 4              Step back on R, step L beside R, cross R in front of L  
5 – 6              Rock sideways onto L recover onto R  
7 & 8              Step L behind R, ¼ turn R stepping forward on R, step forward on L [6 – 00]

## FORWARD ROCK, TRIPLE FULL TURN R, CROSS SIDE SAILOR ¼ L

1 – 2              Rock forward on R recover onto L  
3 & 4              Triple full turn R on a R,L,R  
5 – 6              Cross L over R, step R to R side  
7 & 8              Sailor step ¼ turn L [3 – 00]

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