

# No More Runnin'

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Low Intermediate

**Choreographer:** Helen Woods – April 2017

**Music:** Runnin' by Pharrell Williams [Album: Hidden Figures: The Album] (137 BPM, 3:36)

**#8 count intro (7 irregular beats), support on left**

**SECTION 1: STEP, TOGETHER BACK, TOGETHER, STEP, STEP, TOGETHER BACK, TOGETHER, STEP (12:00)**

- 1 Step right forward
- 2& Step left together, step right back
- 3 Step left together
- 4 Step right forward
- 5 Step left forward
- 6& Step right together, step left back
- 7 Step right together
- 8 Step left forward (12:00)

**SECTION 2: STEP (TURN ½ LEFT), REPLACE TOGETHER, STEP, STEP, ROCK, RECOVER, TOGETHER, ROCK, RECOVER (6:00)**

- 1 Step right forward then turn ½ left (6:00)
- 2& Replace left, step right together
- 3 Step left forward
- 4 Step right forward
- 5 Rock left forward
- 6& Recover right, step left together
- 7 Rock right back
- 8 Recover left (6:00)

**SECTION 3: STEP, LOCK STEP, STEP, LOCK STEP, STEP (TURN ½ LEFT), REPLACE, STEP (TURN ¼ LEFT), REPLACE (9:00)**

- 1 Step right diagonally forward

- 2& Lock left behind right, step right diagonally forward
- 3 Step left diagonally forward
- 4& Lock right behind left, step left diagonally forward
- 5 Step right forward then turn  $\frac{1}{2}$  left (12:00)
- 6 Replace left
- 7 Step right forward then turn  $\frac{1}{4}$  left (9:00)
- 8 Replace left (9:00)

**SECTION 4: CROSS, BACK SIDE, STEP, STEP (TURN  $\frac{1}{2}$  RIGHT), BACK (TURN  $\frac{1}{2}$  RIGHT), STEP TOGETHER, STEP, STEP (9:00)**

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4 Step right forward then turn  $\frac{1}{2}$  right (3:00)
- 5 Step left back then turn  $\frac{1}{2}$  right (9:00)
- 6& Step right forward, step left together
- 7 Step right forward
- 8 Step left forward (9:00)

**REPEAT**

**ENDING: During 15th rotation replace Section 4 with the following section**

**ENDING SECTION 4: CROSS, BACK SIDE, STEP, STEP (TURN  $\frac{1}{4}$  LEFT) CROSS (12:00)**

- 1 Step right across left
- 2& Step left back, step right to side
- 3 Step left forward
- 4& Step right forward then turn  $\frac{1}{4}$  left, step left across right (12:00)

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