

# Run For Life

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**Count:** 32      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Pam Pelsler, SA & Alan Haywood, UK (Jan 11)

**Music:** I Run For Life by Melissa Etheridge (CD: The Road Less Travelled, 94bpm)

□□□ Intro 8 counts - start on vocals

□□□

**R Side, L Next To R, R**

**Side, Rock And Cross & L Side, R Next To L, L Side Rock And Cross**

**1-2**

**Step right to side, step left next to right**

□□□□ , □□□□

**3&4**

**Rock right to right side, step left next to right,**

**cross step right over left (diagonally left)**

□□□□□ , □□□□ , □□□□□□□□ (□□□□□ )

**5-6**

**Step left to left side, step right next to left**

□□□□ , □□□□

**7&8**

**Rock Left to left side, Step right next to left, cross step**

**left over right (diagonally right) 1 o'clock**

□□□□□ , □□□□ , □□□□□□□□ (□□□□□ )□□ 1□□

**RESTART:END of walls 3 and 7 (BOTH 3**

**o'clock), do the first 8 counts then restart**

□□□□□□□□ (□□ 3□ )□□ , □□□

**TAG:At the END of wall 8, facing 12 o'clock, repeat the**

**first 8 counts, then add following 4 counts, 'step right to right side, touch left, step left to left side, touch right'**

□□□□ 12□ , □□□□ , □□□ , □□□ , □□□□ , □□□

□□

**Rock Forward R, Recover L,**

**Run Back R L R (Making ¼ L), Rock Back L, Recover R, Run Forward L R L**

**1-2**

**Rock forward on right (right diagonal 1 o'clock),**

**recover back onto left** □□□□ (□□ 1□ ), □□□□

**3&4**

**Run back right left right making a ¼ turn left**

**(diagonally 11 o'clock)** □□ -□ , □ , □ , □□ 90□ (□□ 11□ )

**5-6**

**Rock back onto left, recover onto right**

□□□□ , □□□

**7&8**

**Run forward left right left squaring up to 12**

**o'clock**

□□ -□ , □ , □ (□□□□ 12□ )

□□□

**Cross Rock, Right Over,**

**Recover L, 1/2 Turn R Sailor Step, L Forward Mambo, R Coaster Step**

**1-2**

**Cross rock right over left, recover weight back onto**

**Left,**

□□□□□□□□ , □□□□

**3&4**

**Sweep right from front to back with a 1/2 turn right**

**stepping right behind left, step left to left side, step right forward. 6**

**o'clock □□ 180□□□□□□□□ , □□□□ , □□□□ (□□ 6□□ )**

**5&6**

**Rock forward onto left, recover weight back onto right,**

**step left next to right □□□□ , □□□□ , □□□□**

**7&8**

**Step back on right, step left beside right, step**

**forward on right.**

□□□□ , □□□□ , □□□□

□□□

**Rock Forward L, Recover R,**

**Triple 1/2 L, 1/4 L, Touch L, L Side Rock And Cross**

**1-2**

**Rock forward onto left, recover back onto right,**

□□□□ , □□□

**3&4**

**Triple ½ turn left stepping left right left 12**

**o'clock**

□□□□ 180° -□ , □ , □ (□ 12□ )

**5-6**

**Turn a ¼ left stepping on right a big step to right**

**side, touch left next to right 9 o'clock**

□□ 90°□□□□□ , □□□□ (□□ 9□ )

**7&8**

**Rock left to left side, Step right next to left, cross**

**step left over right** □□□□ , □□□□ , □□□□□□□□