

# BORN TO RUN

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Anne Harris

**Music:** She Was Born To Run by Brooks & Dunn

## **RIGHT STEP; ½ PIVOT; ½ TURN SHUFFLE; ROCK BACK; RECOVER; LEFT SHUFFLE FORWARD**

- 1-2** Right step forward, turning left pivot ½ turn (weight on left)
- 3&4** Still turning left make ½ as you shuffle right, left, right
- 5-6** Rock back on to left foot, recover weight forward on to right
- 7&8** Shuffle forward left (left forward, right close to left, left forward)

## **RIGHT ROCKING CHAIR; ROCK; RECOVER; STEP; ¼ PIVOT; RIGHT CROSS SHUFFLE**

- 1-2** Rock (step) forward on to right, recover weight back on to left
- 3-4** Rock (step) back on to right, recover weight forward on to left
- 5-6** Right step forward, turning left make ¼ turn (weight on left)
- 7&8** Cross shuffle right (traveling to left side)

## **LEFT SIDE ROCK; RECOVER; LEFT SAILOR STEP; STEP; ½ PIVOT; RIGHT SHUFFLE FORWARD**

- 1-2** Left rock (step) to left side, recover weight onto right
- 3&4** Left step behind right, right step to right side, left step forward slightly
- 5-6** Right step forward, turning left pivot ½ turn (weight on left)
- 7&8** Shuffle forward right (right forward, left close to right, right forward)

## **HEEL FORWARD; TOE BACK; ½ TURN; STEP; ROCK; RECOVER; STEP BACK; TOUCH**

- 1-2** Touch left heel forward, touch left toe back
- 3** Turning left make ½ turn as you put weight onto left
- 4** Right step forward
- 5-6** Rock (step) forward on to left, recover weight back on to right
- 7-8** Step back on to left, touch right toes across and to left side of left foot

## **REPEAT**

## **TAG**

**At end of wall 8 (you will be facing front) you need to add the following 4 counts**

**STEP; TOUCH; STEP; TOUCH**

**1-2**        Right step forward, touch left toes beside right

**3-4**        Left step forward, touch right toes beside left

**As music fades, continue the dance until you face front on last count of dance**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=62419](https://www.linedance.com/index.php?f=dance_view&id=62419)