

Run 2 U

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Count: 64

Wall: 2

Level: Intermediate / Advanced

Choreographer: Cody James Lutz (Oct 2014)

Music: "Run" by Flo Rida feat. RedFoo of LMFAO

Begin on lyrics. 32 Count Intro.

KICK AND CROSS, OUT, KICK AND CROSS, PRESS, RECOVER, ½ TURN SAILORSTEP

1&2& Kick right forward, step ball of right next to left, cross left over right, step right to right

3&4 Kick left forward, step ball of left next to right, cross right over left

5&6 Press left out to left, recover weight to right

7&8 Step left behind right, step right out to right, make a ½ turn left stepping left forward

CROSS, OUT, BALL-CROSS, OUT, BALL-CROSS, OUT, RECOVER, ¾ TURN

1 Cross right over left

2&3 Step left out to left, step ball of right next to left, cross left over right

4&5 Step right out to right, step ball of left next to right, cross right over left

6& Step left out to left, recover weight to right

7&8 Step left toe behind right, make a ¾ turn left with weight on left toe, step down on left

STEP, CROSS-ROCK, RECOVER, 2 FULL TURNS, BACK SHUFFLE

123 Step forward on right, cross rock left over right, recover weight to right

45 Make a ½ turn left stepping forward on left, make a ½ turn left stepping back on right

6 Make a ½ turn left stepping forward on left

7&8 Make a ½ turn left stepping back on right, step left together with right, step back on right

Note: On count 2, you are prepping body for a two full-turn unwind to the left.

BACKSTEP, COASTER STEP, WALK x3, HEEL TURNS

12&3 Step back on left, step back on right, bring left together with right, step forward on right

456 Step forward on left, step forward on right, step forward on left

7&8& Swivel R heel ¼ left, swivel L heel ¼ left, swivel R heel ¼ right, swivel L heel ¼ right

KICK AND ROCK BACK x3, ½ CHASE TURN

- 1&2&** Kick right forward, step right next to left, rock back on left, recover weight to right
- 3&4&** Kick left forward, step left next to right, rock back on right, recover weight to left
- 5&6&** Kick right forward, step right next to left, rock back on left, recover weight to right
- 7&8** Step forward on left, recover weight to right, make a ½ turn right stepping forward on left

KICKSTEP LOCKSTEP x2, ROCK, RECOVER, ½ TURN SHUFFLE

- 1&2&** Kick right forward, step down on right, step left behind right, step forward on right
- 3&4&** Kick left forward, step down on left, step right behind left, step forward on left
- 5 6** Rock forward on right, recover weight to left
- 7&8** Make a ½ turn left stepping forward on right, bring left together, step forward on right

¼ TURN ROCK, RECOVER, BALL PRESS, OUT, HOLD, BALL PRESS, OUT, HOLD, RIGHT BODYROLL

- 1 2** Make a ¼ turn right stepping left to left, recover weight to right
- &3 4** Step ball of left next to right, step right to right, hold
- &5 6** Step ball of left next to right, step right to right, hold
- &7 8** Pivot body to right diagonal forward, body roll, downwards

TOUCH, TOUCH, SAILOR STEP, BEHIND SIDE CROSS, ½ TURN UNWIND

- 1 2** Touch left forward crossing over right, touch left to left side
- 3&4** Step left behind right, step right out to right, step left out to left side
- 5 6** Step right behind left, step left out to left side
- 7 8** Cross right over left, unwind ½ turn left taking weight equally on both feet

Restart.

TAG: After Walls 2 and 4, there is a 8.5 count tag. Hold for a half-count, then perform a full turn walk around to the left, stepping right, left, right, left, right, left, right, left.

Contact: cody.j.lutz@gmail.com