

# Run Baby

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**Count:** 24                      **Wall:** 4                      **Level:** Beginner waltz

**Choreographer:** Anne Herd , Australia, April 2017 (Version 1)

**Music:** Run by Marsha Ambrosius CD: Friends & Lovers Deluxe Edition (123 bpm) 3:48 iTunes

**Intro: Start on lyrics approx. 24 beats in weight on R - Dance moves 1/4 CCW (No Restarts/Tags)**

## **BASIC WALTZ FORWARD AND BACK**

**1-2-3**            Step fwd. on L, Step R beside L, and Step L beside R

**4-5-6**            Step back on R, Step L beside R, and Step R beside L

## **BASIC WALTZ FORWARD, 1/4 TURN. WALTZ BACK**

**1-2-3**            Step forward on L, Turn 1/4 L Step R beside L, and Step L beside R

**4-5-6**            Step back on R, Step L beside R, and Step R beside L

## **CROSS WALTZ, CROSS WALTZ**

**1-2-3**            Cross L over R, Rock R to side, Recover to L

**4-5-6**            Cross R over L, Rock L to side, Recover to R,

## **STEP DRAG, BACK POINT. HOLD**

**1-2-3**            Step fwd. on L, Drag R beside L over two counts (keep weight on L)

**4-5-6**            Step back on R, Point L to side, Hold

**[24] Begin again**

**This dance can be used as a split floor with the intermediate waltz RUN choreographed by myself and Lorraine Shelton**

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