

Run For Your Life

LINEDANCE.COM

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Linda Francis – March 2018

Music: Cowboy Casanova by Carrie Underwood

Begin on lyrics

RIGHT AND LEFT LOCK STEPS, RIGHT ROCK STEP, COASTER STEP

- 1&2** Step right forward, cross left behind, step right forward
- 3&4** Step left forward, cross right behind, step left forward
- 5-6** Rock right forward, recover on left foot.
- 7&8** Step right foot back, step left beside right, step right forward

PIVOT $\frac{1}{4}$ TURN, CROSS SHUFFLE, ROCK & CROSS, ROCK & CROSS

- 1-2** Step forward on left, make $\frac{1}{4}$ turn R, place weight on right
- 3&4** Cross shuffle left-right-left
- 5&6** Rock right out to right, recover on left, cross right over left
- 7&8** Rock left out to left, recover on right, cross left over right

ROCK STEP, HITCH BACK, HITCH BACK, BACKWARDS ROCKING CHAIR

- 1-2** Rock right foot forward, recover on left
- &3&4** Hitch right, step right back, hitch left, step back on left
- 5-6** Rock right back, recover on left
- 7-8** Rock right forward, recover on left

KICK RIGHT FORWARD, SIDE, $\frac{1}{4}$ SAILOR, KICK LEFT FORWARD, SIDE $\frac{1}{4}$ SAILOR

- 1-2** Kick right foot forward then side
- 3&4** Make $\frac{1}{4}$ turn R stepping right behind left, left to left, right beside left(6:00)
- 5-6** Kick left foot forward then side
- 7&8** Make $\frac{1}{4}$ turn L stepping left behind right, right to right, left beside right(3:00)

TAG: After wall 4 facing 12:00

- 1-8** Rock right forward, recover on left, sway forward and back right-left-right-left

9-16 Repeat 1-8

1-8 End Tag with the last 8 counts of main dance(kicks, $\frac{1}{4}$ turn sailors)

Contact: gottadancetothat@gmail.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=124241