

# Running

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Will Craig (June 2015)

**Music:** Running by James Bay

## Count in: After 32 counts

### (1-8) Sweep, Behind Side Cross, Rock and Cross, Side Cross Side, Rock Recover

- 1 2& Step back on left sweeping R Behind left (1), Step R behind left (2) Step L to left side (&)
- 3 4& Cross R over left (3), Rock L to left side (4) Recover weight on R (&)
- 5 6& Cross L over right (5), Step R to right side (6) Cross L over right (&)
- 7 8& Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

### (9-16) Step Left To Left Side, Make ½ Turn Right, Side Cross Side, Rock Recover Sway X3, Side Rock Recover

- 1 2& Step L to left side (1), Make ½ turn right Stepping R to right (2) Cross L over right (&) (6:00)
- 3 4& Step R to right side (3) Rock L behind right (4) Recover weight to R (&)
- 5 6& Sway L (5) Sway R (6) Sway L (&)
- 7 8& Step R to right side (7) Rock L behind right (8) Recover weight to R (&)

### (17-24) Towards the Diagonal Walk X2 Cross, ¼ Turn Back Back Side, Walk X2 ¼ Back, ½

- 1 2 & Step Diagonal left with L (1) Step Diagonal left with R (2) Cross L over right (&) (5:00)
- 3 4& Make ¼ turn left stepping back on R (3) (1:00) Step back on L (4) Step back on R
- 5 6 & Make ¼ turn left stepping L to left side (5) (11:00) Step forward on R (6) Step Forward on L (&)
- 7 8 Make 1/8 turn left stepping back on R (7) Make ½ turn left stepping forward on L (8) (3:00)

### (25-32) ¼ Turn Night Club Basic, Side Coaster Step, Step Lock Step, Rock Recover ¼

- 1 2& Make ¼ turn left stepping R to right (1) (12:00) Rock L behind right (2) Recover weight R (&)
- 3 4& Step L to left side (3) Step R back (4) Step L next to right (&)
- 5 6& Step R forward (5) Step L forward (6) Lock R behind left (&)

**7 8&** Step L forward (7) Rock R forward (8) Recover weight to L while making  $\frac{1}{4}$  turn left

**(33-40) Cross,  $\frac{1}{4}$   $\frac{1}{4}$  Cross, Side Cross Side, Rock Recover, Side Back Together**

**1 2&** Cross R over left (1) (9:00), Make  $\frac{1}{4}$  turn right stepping L back (2) (12:00), Make  $\frac{1}{4}$  turn right stepping R to right side (&) (3:00)

**3 4&** Cross L over right (3), Step R to right side (4), Cross L over right (&)

**5 6&** Step R to right side (5), Rock L behind right (6), Recover weight to R (&)

**7 8&** Step L to left side (7) Step R back (8) Step L next to right (&)

**(41-48) Step, Step Lock Step, Rock  $\frac{1}{4}$  Cross,  $\frac{1}{4}$  turn,  $\frac{1}{2}$  turn, Rock Recover**

**1 2&** Step Forward R (1) Step L forward (2) Lock R behind left (&)

**3 4&** Step L forward (3) Rock R forward (4) Recover weight to L while making a  $\frac{1}{4}$  turn left (&)(12:00)

**5 6** Cross R over left (5) Make  $\frac{1}{4}$  turn right stepping L back (6) (3:00)

**7 8&** Make  $\frac{1}{2}$  turn right stepping R forward (7) (9:00) Rock L forward (8) Recover weight to R (&)

**RESTART : On the 4th wall Dance 16 counts and restart Facing the 9:00 wall**

**Last Update - 6th Oct 2015**