

# Runnin

LINEDANCE.COM

**Count:** 64      **Wall:** 2      **Level:** Improver

**Choreographer:** Karen (Troggie) Sturmeay

**Music:** I Ain't Running Yet - Gary Allan - It would be you CD

**Start on vocals.**

## **SECTION 1: FORWARD ROCK ,SIDE ROCK, BACK ROCK, SHUFFLE**

**1,2 right rock forward, recover on left**

**3,4 right rock to right side, recover on left**

**5,6 right rock back, recover on left**

**7&8 right shuffle forward**

## **SECTION 2: LEFT ½ TURN STRUT, RIGHT 1/2 TURN STRUT, LEFT ROCK, RECOVER LEFT STEP ¾ TURN LEFT. RIGHT BESIDE LEFT**

**1, 2 left toe strut back making ½ turn right**

**3,4 right toe strut forward making ½ turn right**

**5,6 left rock forward, recover on right**

**7,8 left step making ¾ turn left, right step beside left weight on right**

## **SECTION 3: FORWARD ROCK, SIDE ROCK, BACK ROCK, SHUFFLE**

**1 - 8 repeat section 1 on opposite feet (left foot leading)**

## **SECTION 4: RIGHT TOE STRUT ½ TURN L. LEFT TOE STRUT ½ TURN LEFT. RIGHT ROCK FORWARD, RECOVER, RIGHT STEP ¼ TURN RIGHT LEFT STEP BESIDE RIGHT**

**1,2 right toe strut back making ½ turn left**

**3,4 left toe strut forward making ½ turn left**

**5,6 right rock forward, recover on left**

**7,8 right step making ¼ turn right. left step beside right weight left.**

**SECTION 5: RIGHT ROCK BACK, RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK RECOVER, LEFT SIDE TOGETHER.**

**1,2 right rock back, recover on left**

**3&4 right side shuffle \*\***

**5,6 left rock back, recover on right**

**7,8 left step to left side, right step beside left**

**SECTION 6: ¼ SHUFFLE, STEP ¾, SIDE SHUFFLE ROCK BACK, RECOVER**

**1&2 left side shuffle making ¼ turn left**

**3,4 right step forward, pivot ¾ turn left**

**5&6 right side shuffle**

**7,8 left rock back, recover on right**

**SECTION 7: LEFT KICK BALL CHANGE. LEFT ROCK, RECOVER, 1 ½ TURN LEFT STEPPING L.R.L.R.**

**1&2 left kick ball change**

**3,4 left rock forward, recover on right**

**5,6 left step forward making ½ turn left, right step back making ½ turn**

**7,8 left step forward making ½ turn left, right step forward**

**SECTION 8: LEFT ROCK FORWARD, RECOVER, 2 SAILORS BACK, LEFT TOE BACK, UNWIND ½ TURN LEFT**

**1,2 left rock forward, recover on right**

**3&4 left sailor shuffle travelling back**

**5&6 right sailor shuffle travelling back**

**7,8 left toe touch back, unwind ½ turn left weight on left**

**Start again**

**\*\* 4 count tag during wall 2 facing front wall**

**During section 5 dance first 4 counts of section then:**

**1, 2 left rock back, recover**

**3&4 left side shuffle**

**Start dance from beginning**

**Tel. 0115 9527172 - Mob. 07717314706 - E-MAIL [k.sturmey@ntlworld.com](mailto:k.sturmey@ntlworld.com)**