

Running Free

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Neville Fitzgerald & Julie Harris (Oct 2012)

Music: Run Free by Rebecca Ferguson.. Album: Heaven (Deluxe Edition) iTunes

Starts After 16 Counts

Step, Rock Step, Back 1/2 Step, Rock Step, Coaster Cross.

- 1-3** Step forward on Left, rock forward on Right, recover on Left.
- 4&5** Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right.
- 6-7** Rock forward on Left, recover on Right..
- 8&1** Step back on Left, step Right next to Left, cross step Left over Right.

Side, Together, Side Together Cross, Side, Cross, Chasse 1/4.

- 2-3** Step Right to Right side, step Left next to Right.
- 4&5** Step Right to Right side. Step Left next to Right, cross step Right over Left
- 6-7** Step Left to Left side, cross step Right over Left.
- 8&1** Step Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left.

Step, 1/2, Rock & 1/2, Step, 1/2 Pivot, Left Lock Step.

- 2-3** Step forward on Right, pivot 1/2 turn to Left.
- 4&5** Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward on Right.
- 6-7** Step forward on Left, pivot 1/2 turn to Right.
- 8&1** Step forward on Left, lock Right behind Left, step forward on Left.

Point, Behind, Rock & Cross, Touch, Step Back, Behind & Cross.

- 2-3** Point Right to Right side, step Right back & behind Left.
- 4&5** Rock Left to Left side, recover on Right, cross step Left over Right.
- 6-7** Touch Right toe forward, step back on Right.
- 8&1** Sweep Left out & step behind Right, step Right to Right side, cross step Left over Right.

Rock Step, Behind & Cross, Rock Step, Sailor 5/8 Cross.

- 2-3** Rock Right to Right side, recover on Left

- 4&5** Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- 6-7** Rock Left to Left side, recover on Right.
- 8&1** Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn to Left stepping Right next to Left, 1/4 turn to Left cross stepping Left over Right. (facing 1:30)

Touch, Kick, Back Lock Back, Touch, Kick, Sailor 3/8.

- 2-3** Touch Right next to Left, kick Right forward. (facing 1:30)
- 4&5** Step back on Right, lock Left over Right, step back on Right. (Travel back on diagonal facing 1:30)
- 6-7** Touch Left in front & slightly across Right, kick Left forward.
- 8&1** Make 1/4 turn to Left cross stepping Left behind Right, 1/8 turn to Left stepping Right next to Left, step forward on Left. (9:00) ****R****

Rock Step, 1/2 Shuffle Turn, Step, 1/2, Shuffle 1/2.

- 2-3** Rock forward on Right, recover on Left.
- 4&5** Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right. (3:00)
- 6-7** Step forward on Left, make 1/2 turn to Left stepping back on Left.
- 8&1** Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn to Left stepping forward Left.

Cross, Back, Back Cross Back, Back Rock, Step 1/2 (Step).

- 2-3** Cross Right over Left, step back on Left.
- 4&5** Step back on Right, lock Left over Right, step back on Right.
- 6-7** Rock back on Left, recover on Right.

8&(1) Step forward on Left, pivot 1/2 turn to Right, (step forward on Left).

****R** Restart: Wall 2**

Dance Up To & Including Counts 8& Section 6 (48&) .. Then Restart Dance From Beginning Facing Back Wall.