

RUNNING THE ROAD

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Nancy A. Morgan

Music: Road Runner by Microwave Dave & The Nukes

HEEL, TOE BACK, ½ TURN RIGHT WITH HEEL UP, STOMP RIGHT FOOT FORWARD, REPEAT WITH LEFT

- 1-2** Put right heel forward, put right toe back
- 3-4** As you turn ½ turn to your right put right heel forward, stomp right foot forward
- 5-6** Put left heel forward, put left toe back
- 7-8** As you turn ½ turn to your left put left heel forward, stomp left foot forward

STOMP RIGHT FORWARD, CLAP, STOMP LEFT FORWARD, CLAP, WITH SAILOR SHUFFLES

- 1-4** Stomp right foot forward, clap, stomp left foot forward, clap
- 5&6** Sailor shuffle (step right behind left, step left to left side, step right forward)
- 7&8** Sailor shuffle (step left behind right, step right to right side, step left forward)

STEP RIGHT FORWARD, ¼ TURN LEFT, ROLL HIPS LEFT TO RIGHT, CLAP, REPEAT

- 1-4** Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap
- 5-8** Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap

WALK, WALK, ¼ TURN, STOMP, TWO KICK-BALL-CHANGES

- 1-4** Step forward right foot, step forward left foot, pivot on left toe to your right ¼ turn (shifting weight on right) stomp left next to right
- 5&6** Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)
- 7&8** Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)

REPEAT