

# Run

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**Count:** 48                      **Wall:** 2                      **Level:** High Intermediate waltz

**Choreographer:** Scott Blevins (Jan 2015)

**Music:** Run by Marsha Ambrosius, Album: Friends and Lovers

**#24 count intro to start on the lyric "Run"**

**With two Restarts occurring after count 24 on rotations 2 and 7**

**[1 - 6] CROSS BODY LUNGE, SLOW UNWIND ½ RIGHT**

1-2-31-2-3) Cross body lunge L across R as you slowly torque body to left extending R arm fwd

4-5-64-5-6) Slowly turn ½ right taking weight on R [6:00]

**[7-12] CROSS, ¼ LEFT, ½ LEFT, ¼ LEFT, TOGETHER, CROSS**

1-2-31) Step L across R; 2) Turn ¼ left stepping R back; 3) Turn ½ left stepping L fwd [9:00]

4-5-64) Turn ¼ left stepping R to right; 5) Step L next to R; 6) Step R across L [6:00]

**[13-18] ½ TURN RIGHT OVER 2 COUNTS ON L, SIDE, CROSS, SIDE, BEHIND**

1-2-31) Turn ¼ right stepping L back; 2) Continue turning on L another ¼ right to complete a smooth ½ turn over two counts; 3) Step R to right [12:00]

4-5-64) Step L across R; 5) Step R to right; 6) Step L behind R

**[19-24] ½ TURN RIGHT OVER 2 COUNTS ON R, CROSS, ¼ LEFT, ½ LEFT, FWD**

1-2-31) Turn ¼ right stepping R fwd; 2) Continue turning on R another ¼ right as you finish a smooth ½ turn over two counts on R; 3) Step L across R [6:00]

4-5-64) Turn ¼ left stepping R back; 5) Turn ½ left stepping L fwd; 6) Step R fwd [9:00]

**Note: On the Restarts, count 24 (6) of this section will become a ¼ turn left stepping R to right.**

**On rotation 2, you will start facing the original 6 O'clock wall, on count 24 you make this  $\frac{1}{4}$  turn to face the original 12 O'clock wall and then Restart from the top of the dance.**

**On rotation 7, you will start facing the original 12 O'clock wall, on count 24 you will make this  $\frac{1}{4}$  turn to face the original 6 O'clock wall and then Restart from the top of the dance.**

**[25-30] FWD, 2 COUNT SPIRAL, FWD,  $\frac{1}{4}$  RIGHT 2 COUNT ROCK, RECOVER,**

**a-1-2-3a) Step ball of L fwd; 1-2) Over two counts make a full spiral turn to right (weight on L); 3) Step R fwd**

**4-5-64-5) Turn  $\frac{1}{4}$  right rocking onto a straight L leg to left for two counts [12:00]; 6) Recover to R**

**[31-36]  $\frac{1}{8}$  CROSS,  $\frac{1}{8}$  BACK, LOCK,  $\frac{1}{8}$  BACK,  $\frac{1}{8}$  SIDE,  $\frac{1}{4}$  FWD**

**1-2-31) Turn  $\frac{1}{8}$  left stepping L across R; 2) Turn  $\frac{1}{8}$  left stepping ball of R back; 3) Lock L over R**

**4-5-64) Turn  $\frac{1}{8}$  left stepping R back; 5) Turn  $\frac{1}{8}$  left stepping L to left; 6) Turn  $\frac{1}{4}$  left stepping R fwd [3:00]**

**Note: Steps 31-36 make up a combination of steps called a Viennese Turn.**

**You are meant to make a gradual  $\frac{3}{4}$  turn left over the 6 steps, traveling toward 3 O'clock..**

**[37-42] CROSS, SWIVEL, CROSS, SWIVEL**

**1-2-31) Turn  $\frac{1}{8}$  left stepping L across R [1:00]; 2-3) Swivel/turn  $\frac{1}{4}$  left on ball of L touching R next to L [11:00]**

**4-5-64) Step R across L 5-6) Swivel/turn  $\frac{1}{4}$  right on ball of R touching L next to R [1:00]**

**[43-48] CROSS, SIDE, SIDE, CROSS,  $\frac{1}{4}$  RIGHT,  $\frac{1}{4}$  RIGHT**

**1-2-31) Step L across R squaring up to 12 O'clock; 2) Step R to right; 3) Step L to left**

**4-5-64) Step R across L; 5) Turn  $\frac{1}{4}$  right stepping L back; 6) Turn  $\frac{1}{4}$  right stepping R to right [6:00]**

**Enjoy!**

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