

# Runnin' Behind Alone

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**Count:** 48      **Wall:** 4      **Level:** Improver

**Choreographer:** Eddie Morrison (Scotland) Feb 2012

**Music:** Runnin' Behind by Tracy Lawrence. CD: The Very Best of .. (145 bpm.)

## 16 Count intro start on vocals

### Section 1: Chasse right rock back recover -Chasse left rock back recover

- 1 & 2**      Step right to right side, Step left beside right, Step right to right side
- 3 - 4**      Rock back on left, Recover on right
- 5 & 6**      Step left to left side, Step right beside left, Step left to left side
- 7 - 8**      Rock back recover on left

### Section 2: Right step lock step lock step to right diagonal - Left step lock step lock step to left diagonal

- 1 - 2**      Step right forward, lock left behind right
- 3 & 4** **step right forward, Step left behind right, Step right forward**
- 5 -6**      Step left forward, lock right behind left
- 7 & 8** **step left forward, Step right behind right, Step left forward**

### Section 3: Right rock recover shuffle half turn right- Left rocking chair

- 1 - 2**      Rock forward on right, Rock back on left
- 3 & 4**      Half turn right stepping right left right
- 5 -6**      Rock forward on left recover on right
- 7 - 8**      Rock back on left recover on right

### Section 4: Left rock recover shuffle half turn left - Right rocking chair

- 1 - 2**      Rock forward on left, Rock back on right
- 3 & 4**      Half turn left stepping left right left
- 5 -6**      Rock forward on right recover on left
- 7 - 8**      Rock back on right recover on left

**\* Restart the dance here during Wall 3 and Wall 6**

### **Section 5: Grapevine Right Touch - Grapevine Left Touch**

- 1 - 2** Step right to the right side, step left behind right
- 3 - 4** Step right to the right side touch left beside right
- 5 - 6** Step left to the left side, step right behind left
- 7 - 8** Step left to the left side touch right beside left

### **Section 6: Right Shuffle Forward - Pivot half turn Right - Left Shuffle Forward - Pivot Quarter Turn Left.**

- 1 & 2** Step forward on right step left beside right and step right forward
- 3 - 4** Step forward on left Pivot Half Turn Right
- 5 & 6** Step forward on Left step right beside left and step left forward
- 7 - 8** Step forward on right pivot quarter turn left

### **Start Again**