

# Running Man

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Improver

**Choreographer:** Sabine Stalder & Alice Berini - August 2019

**Music:** Running Man by Ollie Gabriel (iTunes)

## Count In: 16 counts

### #1: 4x: Side, Touch With $\frac{1}{4}$ Turn; Touch, Touch, Triple Step

- 1 & 2 &** Step L to left side, touch R next to L and  $\frac{1}{4}$  turn right, step R to right side, touch L next to R and turn  $\frac{1}{4}$  right 06:00
- 3 & 4 &** Step L to left side, touch R next to L and  $\frac{1}{4}$  turn right, step R to right side, touch L next to R and turn  $\frac{1}{4}$  right 12:00
- 5 - 6** Touch L forward in R diagonal, touch L back 01:30
- 7 & 8** Step forward on L, close R behind L, step forward on L 01:30

### #2: Step $\frac{1}{2}$ Turn, 3x Run, Step $\frac{1}{2}$ Turn, $\frac{1}{8}$ Turn, Touch

- 1 - 2** Step R forward in R diagonal,  $\frac{1}{2}$  turn left (weight on L) 07:30
- 3 & 4** Run forward on R, L, R 07:30
- 5 - 6** Step L forward,  $\frac{1}{2}$  turn right (weight on R) 01:30
- 7 - 8** Step L to left side with  $\frac{1}{8}$  turn right, touch R next to L 03:00

### #3: Step, $\frac{1}{2}$ Turn, Coaster Step, 3x Step Touch, Point

- 1 - 2** Step forward on R,  $\frac{1}{2}$  turn left weight ends on R 09:00
- 3 & 4** Step back on L, close R next to L, step forward on L 09:00
- 5 & 6 &** Step forward on R, touch L next to R, step forward on L, touch R next to L 09:00
- 7 & 8 &** Step forward on R, touch L next to R, point L to left side, close L next to R 09:00

### #4: Monterey $\frac{1}{2}$ Turn, Hitch And Heel And Step, Mambo $\frac{1}{8}$ Turn Cross

- 1 - 2** Point R to right side, drag R towards L making  $\frac{1}{2}$  turn right 03:00
- 3 - 4** Point L to left side, hitch left next to right in R diagonal 04:30
- & 5 & 6** Step down on L, tap R heel forward, close R next to L, step forward von L 04:30
- 7 & 8** Step R to right side, transfer weight on L, cross R over L with  $\frac{1}{8}$  turn left 03:00

**Contact: [www.break-ranks.ch](http://www.break-ranks.ch) - [step-out@break-ranks.ch](mailto:step-out@break-ranks.ch)**

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