

# Born to Run

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**Count:** 64      **Wall:** 2      **Level:** Improver

**Choreographer:** Jo Myers (UK) April 2020

**Music:** Born To Run by Jessie Buckley (From Wild Rose, motion picture soundtrack)

**Intro: 4 counts. Start on the word "hopeless"**

**Rock recover, shuffle, tuck behind, unwind, kick ball change**

**1, 2, 3&4** Rock R forward, step L back, Step R back, step L next to R, step R back

**5-6** Touch L toe behind R, turn  $\frac{1}{2}$  unwind left, (weight on Left) (6:00)

**7&8** Kick R, step R in place, step L next to R

**Rock recover, coaster,  $\frac{1}{4}$ , cross, scuff**

**1, 2, 3&4** Rock R forward, step L back in place, step R back, step L back next to R, step R forward

**5-6** Step L forward, turn  $\frac{1}{4}$  right (weight's on R) (9:00)

**7-8** Cross L over R, scuff R forward

**\*\*\*\* Restart here on wall 6**

**Paddle  $\frac{1}{4}$  (4X)**

**1-2** Step R forward, pivot  $\frac{1}{4}$  turn left (weight on L) (hip rolls on each paddle) (6:00)

**3-4** Step R forward, pivot  $\frac{1}{4}$  turn left (weight on L) (3:00)

**5-6** Step R forward, pivot  $\frac{1}{4}$  turn left (weight on L) (12:00)

**7-8** Step R forward, pivot  $\frac{1}{4}$  turn left (weight on L) (9:00)

**Touch, bumps, step, touch, bumps, step, cross, point, cross, point**

**1&2** Touch R forward and bump R hip forward, back, bump R hip forward and drop R heel

**3&4** Touch L forward and bump L hip forward, back, bump L hip forward and drop L heel

**5-6** Cross R over L, point L left side

**7-8** Cross L over R, point R right side

**Step, touch, step kick, back, back, side, step**

**1-2** Step R forward, touch L behind

**3-4** Step L back, kick R

**5-6** Step R back, step L back

**7-8** Step R side right, step L next to right

**\*\*\*\* Restart here on walls 2 and 4**

**Rock recover, behind, side cross, stomp, heels**

**1,2, 3&4** Step R side right, recover L in place, Step R behind L, step L next to R, cross R over L

**5-8** Stomp L side left, drop R heel X3 (keeping weight on L)

**Restarts: on walls 2 and 4 after 40 counts**

**On wall 6 after 16 counts**

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