

# Live And Run

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

**Choreographer:** JMP (South Korea) Sept. 2016

**Music:** Sali Go Dali Go by Jong Min Kim

**Restart : On Wall 4 Restart after 16 counts (9:00)**

**Dance start after a 16 count Intro**

## **S1. WALK X3 , TOUCH , WALK BACK X3 , TOUCH**

**1-4**            Step R forward, Step L forward, Step R forward, Touch L to side

**5-8**            Step L back, Step R back, Step L back, Touch R to side

**(Hand gesture - In front of the chest, cross the forward from the back of your right hand and roll 3 times and 1 clap)**

## **S2. WALK X3 , HITCH , WALK BACK X3 , HITCH**

**1-4**            Step R forward, Step L forward, Step R forward, Hitch L

**5-8**            Step L back, Step R back, Step L back, Hitch

**(Hand gesture - 4 count stretches right-hand chest forward,**

**The left hand extends all the way to the side, 8 count stretches left-hand chest forward, The right hand extends all the way to the said)**

**\*Restart - On Wall 4 after 16 counts**

## **S3. STEP FORWARD, TOUCH X4**

**1-4**            Step R forward, Touch L to side, Step L forward, Touch R to side

**5-8**            Step R forward, Touch L to side, Step L forward, Touch R to side

**(Hand gesture - Bend both hands up and down bend at right angles)**

## **S4. ZAZZ BOX 1/4 TURN RIGHT , WALKING ON THE SPOT**

**1-4**            Cross R over left, Step L back, Step R forward, Turn 1/4 right and step L together

**5-8**            Step R right, Step L in place, Step L left, Step R in place

**(Bring your body up and down, Hand movements in front of left chest, Fold it up and down the right hand)**

**Ending : Wall 12 after 16counts Taps R 3/4 turn left Step Hitch (12:00)**

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