

No More Running Around

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Count: 40 **Wall:** 4 **Level:** Improver

Choreographer: Leonard Hage (NL) Sept 06

Music: No More Running Around by Pinchitos Caliente

Intro: 80 Counts.

MAMBO FORWARD, MAMBO BACK, STEP, 1/2 PIVOT, FORWARD SHUFFLE

- 1&2** Rock forward on Left, & Recover on Right, Step Left next to Right
- 3&4** Rock back on Right, & Recover on Left, Step Right next to Left
- 5 - 6** Step forward on Left, 1/2 Pivot right (6 O' Clock)
- 7&8** Step forward on Left, & Step Right next to Left, Step forward on Left

MAMBO FORWARD, MAMBO BACK, 1/2 PIVOT, FORWARD SHUFFLE

- 9&10** Rock forward on Right, & Recover on Left, Step Right next to Left
- 11&12** Rock back on Left, & Recover on Right, Step Left next to Right
- 13-14** Step forward on Right, 1/2 Pivot left (12 O'Clock)
- 15&16** Step forward on Right, & Step Left next to Right, Step forward on Right

STEP, 1/4 PIVOT, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS-ROCK

- 17-18** Step forward on Left, 1/4 Pivot right (3 O'Clock)
- 19&20** Cross-step Left over Right, & Step to right on Right, Cross-step Left over Right
- 21 - 22** Turn 1/4 left stepping back onto Right, 1/4 Turn left stepping to left on Left (9 O'Clock)
- 23&24** Cross-rock Right over Left, & Recover weight onto Left, Step Right to right

SWEEP WITH 1/2 TURN, TOUCH, CHASSE LEFT, SAILOR STEP, BEHIND, 1/4 TURN, STEP

- 25 - 26** Sweep/Swing 1/2 turn right with Left from back to front, Touch Left beside Right (9 O'Clock)
- 27&28** Step Left to left, & Close Right beside Left, Step Left to left
- 29&30** Cross Right behind Left, & Step Left to left, Step Right in place
- 31&32** Cross Left behind Right, & Step Right to right making 1/4 turn left, Step forward on Left (12 O'Clock)

WALK,WALK, STEP, 1/4 PIVOT, CROSS, HIP SWAYS, SIDE-ROCK, TOUCH

- 33 - 34** Step forward on Right, Step forward on Left

- 35&36** Step forward on Right, & Pivot 1/4 left, Cross Right over Left (9'0'Clock)
- 37- 38** Small step to left on Left swaying hips left, right
- 39&40** Rock to left on Left, & Recover weight onto Right, Touch Left beside Right

Begin again.

FINALE: During last (8th) wall, section 2 dance up to count 16 then add the following steps

- 1-4** Small step to left on Left swaying hips Left, Right, Left, Right
- 5&6** Step forward on Left, & Lock Right behind Left, Step forward on Left
- 7&8** Step forward on Right, & Lock Left behind Right, Step forward on Right
- 9&10** Cross rock Left over Right, & Recover onto Right, Step Left to left
- 11&12** Cross rock Right over Left, & Recover onto Left, Step Right to right
- 13 - 16** Cross Left over Right and unwind 314 right over 3 counts to finish facing front