

# I'M NOT RUNNING ANYMORE

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate social cha

**Choreographer:** Leanne Nahrgang

**Music:** I'm Not Running Anymore by Jason McCoy

## CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

- 1-2 Cross rock left over right, rock back on right
- 3&4 Side shuffle left, right, left
- 5-6 Cross rock right over left, rock back on left
- 7&8 Side shuffle right, left right

## STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD, ROCK, FORWARD, BACK, COASTER

- 9-10 Step forward on left, ½ turn pivot right weight on right
- 11&12 Shuffle forward left, right, left
- 13-14 Rock forward on left, back on right,
- 15&16 Step back on left, step right beside right, step forward on left

## CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

- 17-18 Cross rock left over right, rock back on right
- 19&20 Side shuffle left, right, left
- 21-22 Cross rock right over left, rock back on left
- 23&24 Side shuffle right, left right

## STEP FORWARD, ¼ PIVOT, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 25-26 Step forward on left, ¼ pivot right, weight on right
- 27&28 Cross shuffle left over right, side right, left over right
- 29-30 Side rock on right, rock side left
- 31&32 Cross shuffle, right over left, side left, right over left

## LEFT WEAVE, ¼ PIVOT, ½ PIVOT, ¼ PIVOT, SIDE RIGHT, STEP BEHIND, ¼ PIVOT

- 33-34 Step side left, right behind
- 35-36 ¼ turn pivot on left, ½ turn pivot on right

**37-38<sup>1</sup>/<sub>4</sub> turn pivot on left, step side right**

**39-40** Step left behind right, <sup>1</sup>/<sub>4</sub> turn pivot on right

**FORWARD LEFT, <sup>1</sup>/<sub>2</sub> PIVOT, <sup>1</sup>/<sub>4</sub> PIVOT, CROSS ROCK, BACK ROCK**

**41-42** Step forward left, <sup>1</sup>/<sub>2</sub> turn pivot right, step on right

**43-44<sup>1</sup>/<sub>4</sub> turn pivot right on left, step on right**

**45-46** Cross rock left over right, step back on right

**47-48** Side rock on left, step side right

**REPEAT**

**TAG**

**At end of wall 2, after doing count 48, repeat counts 45-48, begin dance again**

**RESTART**

**At beginning of wall 5, dance first 8 counts then begin dance again**