

NO MORE RUN

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: T.O.M. (The Old Man)

Music: Amy McDonald - Run - CD: This is the life

Intro : 32 counts

(1-8) Step, Lock, Shuffle Forward, Step, Pivot, Shuffle Forward

1-2 Step right forward, Lock left behind right

3&4 Right shuffle forward R-L-R

5-6 Step left forward, $\frac{1}{2}$ Turn right

7&8 Left shuffle forward L-R-L (06:00)

(9-16) Step, Lock, Shuffle Forward, Step, Pivot, $\frac{1}{2}$ Turn Shuffle

1-2 Step right forward, Lock left behind right

3&4 Right shuffle forward R-L-R

5-6 Step left forward, $\frac{1}{2}$ Turn right

7&8 $\frac{1}{4}$ Turn right step left to left side, Close right next to left, $\frac{1}{4}$ Turn right step left back (06:00)

(17-24) Walk, Walk, Coaster Step, Walk, Walk, $\frac{1}{2}$ Turn Shuffle

1-2 Walk right back, Walk left back

3&4 Step right back, close left next to right, step right forward

5-6 Walk left forward, Walk right forward

7&8 $\frac{1}{4}$ Turn right step left to left side, Close right next to left, $\frac{1}{4}$ Turn right step left back (12:00)

(25-32) Sway, Sway, Chassé $\frac{1}{4}$ Turn (x2)

1-2 Step right to right side and sway, Recover and sway

3&4 Step right to right side, Close left next to right, $\frac{1}{4}$ Turn right step right forward (03:00)

5-6 Step left to left side and sway, Recover and sway

7&8 Step left to left side, Close right next to left, $\frac{1}{4}$ Turn left step left forward (12:00)

(33-40) Step, Close, Cross Shuffle (x2)

- 1-2** Step right to right side, Close left next to right
- 3&4** Cross right over left, Step left to left side, Cross right over left
- 5-6** Step left to left side, Close right next to left
- 7&8** Cross left over right, Step right to right side, Cross left over right

(41-48) Step, Cross, ¼ Turn, Step, ¾ Turn, Step, Cross, Step (Figure of eight)

- 1-2** Step right to right side, Cross left behind right
- 3-4 ¼ Turn right step right forward, Step left forward**
- 5-6 ¾ Turn right, Step left to left side**
- 7-8** Cross right behind left, Step left to left side

(49-56) Rock Step, Recover, Sailor Step, Cross, ¼ Turn, Coaster Step

- 1-2** Step rock right to right side, Recover
- 3&4** Cross right behind left, Step left to left side, Step right to right side
- 5-6** Cross left over right, ¼ Turn left step right back (09:00)
- 7&8** Step left back, Step right next to left, Step left forward

(57-64) Walk, Walk, Shuffle Forward, Scuf, Hitch, Pivot, Rock, Recover

- 1-2** Walk right forward, Walk left forward
- 3&4** Right shuffle forward R-L-R
- 5-6** Scuff hitch left and make ½ turn right on ball of right foot, Step left back
- 7-8** Rock Step right back, Recover (03:00)

Start again.