

# RUN

**Choreographers:** Anne Herd & Lorraine Shelton – Australia – April 2017 (Version 1)

**Song:** Run by Marsha Ambrosius CD: Friends & Lovers (Deluxe Edition) (123bpm) 3:47 iTunes

**Description:** 48 Count 2 Wall Intermediate Waltz – 2 Restarts

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Intro: Start on lyrics 24 counts in on word 'Run' weight on R

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## **CROSS WALZ, BACK, POINT, HOLD**

1-2-3 Cross L over R, Rock R to side, Recover to L

4-5-6 Cross R behind L, Point L toe to side, Hold

## **CROSS UNWIND 1/2 R, 1/4 SWEEP**

1-2-3 Cross L over R, Unwind 1/2 R over two counts (*Take weight to L*)

4-5-6 Turn 1/4 R stepping fwd. on R as you sweep L around for two counts (**9:00**)

## **WALTZ FORWARD MAKING 1/4 TURN L, WALTZ BACK MAKING 1/4 TURN (Inverted Box)**

1-2-3 Waltz fwd. stepping LRL as you turn 1/4 L

4-5-6 Waltz back stepping RLR as you turn 1/4 L stepping RLR (**3.00**)

## **WALTZ FORWARD MAKING 1/4 TURN L, WALTZ BACK (Inverted Box Cont.)**

1-2-3 Waltz fwd. stepping LRL as you make a 1/4 turn L

4-5-6 Waltz back stepping RLR (**12:00**)

## **Restarts go here**

## **CROSS WALTZ, CROSS WALTZ ,1/4, 1/2**

1-2-3 Cross L over R, Step R to side, Step L to side

4-5-6 Cross R over L Turn 1/4 R, Stepping back on L, Turn 1/2 R stepping fwd. on R (**9:00**)

## **STEP DRAG, ROCK/RECOVER. 1/2 TURN**

1-2-3 Step fwd. on L, Drag R towards L over two counts

4-5-6 Rock fwd. on R/Recover to L, Turn 1/2 over R stepping fwd. on R (**3:00**)

## **1/4, R, DRAG, SAILOR STEP**

1-2-3 Turn 1/4 R, Stepping L to side, and Drag R towards L over two counts

4-5-6 Cross R behind L, Step L to side, Step R to side (**6:00**)

## **BEHIND, SIDE CROSS, STEP DRAG**

1-2-3 Cross L behind R, Step R to side, Cross L over R

4-5-6 Step R to side, Drag L beside R over two counts

Begin again

48

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**RESTARTS:** On walls 2 and 7 dance to count 24 (You will be facing 6:00 both times) and restart dance

**NOTE:** A more advanced option for counts 30-32 is a 1 1/4 rolling turn R.

Turn 1/4 R, Step L to side, Turn 1/2 R, Step R to side, Turn 1/2 R Step L to side

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