

# RUN BABY

Choreographer: Anne Herd, Australia, April 2017 (*Version 1*)

Song: Run by Marsha Ambrosius CD: Friends & Lovers Deluxe Edition (123bpm) 3:48 iTunes

Description: 24 Count 4 Wall Beginner Waltz – Dance moves 1/4 CCW (No Restarts/Tags)

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Intro: Start on lyrics approx. 24 beats in weight on R

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## **BASIC WALTZ FORWARD AND BACK**

1-2-3 Step fwd. on L, Step R beside L, and Step L beside R  
4-5-6 Step back on R, Step L beside R, and Step R beside L

## **BASIC WALTZ FORWARD, 1/4 TURN. WALTZ BACK**

1-2-3 Step forward on L, Turn 1/4 L Step R beside L, and Step L beside R  
4-5-6 Step back on R, Step L beside R, and Step R beside L

## **CROSS WALTZ, CROSS WALTZ**

1-2-3 Cross L over R, Rock R to side, Recover to L  
4-5-6 Cross R over L, Rock L to side, Recover to R,

## **STEP DRAG, BACK POINT. HOLD**

1-2-3 Step fwd. on L, Drag R beside L over two counts (keep weight on L)  
4-5-6 Step back on R, Point L to side, Hold

24

Begin again

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This dance can be used as a split floor with the intermediate waltz RUN choreographed by myself and Lorraine Shelton

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