

I Run To You

64 count, 2 wall, intermediate level

Choreographer: Rachael McEnaney (UK), June 2010

Choreographed to: "I Run To You" by Lady Antebellum (114 bpm)

Count in: 32 counts from start of track – dance begins on vocals

Section 1 R Diagonal Shuffle, L Side Rock, L Diagonal Shuffle, R Step Back 1/4 Turn L, L Side

- 1&2 Angle body to 10.30 step forward on right, step left next to right, step forward on right (10.30)
- 3-4 Angle body to 12.00 rock left to left side, recover weight onto right (12.00)
- 5&6 Angle body to 1.30 step forward on left, step right next to left, step forward on left (1.30)
- 7-8 Make 1/4 turn left stepping back on right, step left to left side (9.00)

Section 2 Syncopated Weave, L Side, Hold, Ball Side Rock

- 1-2 Cross right over left, step left to left side
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5, 6 Step left to left side, hold
- &7-8 Step right next to left, rock left to left side, recover weight onto right

Section 3 L Diagonal Shuffle, R Side Rock, R Diagonal Shuffle, L Step Back 1/4 Turn R, R Side

- 1&2 Angle body to 10.30 step forward on left, step right next to left, step forward on left (10:30)
- 3-4 Angle body to 9.00 rock right to right side, recover weight onto left (9.00)
- 5&6 Angle body to 7.30 step forward on right, step left next to right, step forward on right (7.30)
- 7-8 Make 1/4 turn right stepping back on left, step right to right side (12.00)

Section 4 Syncopated Weave, Big Step R, Hold Dragging L, L Coaster Step

- 1-2 Cross left over right, step right to right side
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5-6 Step right to right side (big step), hold dragging left foot towards right
- 7&8 Step back on left, step right next to left, step forward on left

Section 5 R Shuffle, Step Forward L, 1/2 Pivot Turn R, Full Turn R, L Rock Forward

- 1&2 Step forward on right, step left next to right, step forward on right
- 3-4 Step forward on left, pivot 1/2 turn right (weight R) (6.00)
- 5-6 Make 1/2 turn right stepping back on left, make 1/2 turn right stepping forward on right
- Option Easy option: Walk forward right, left*
- 7-8 Rock forward on left, recover weight onto right

Section 6 L Coaster Cross, R Side Rock, R Sailor Step, L Sailor Step

- 1&2 Step back on left, step right next to left, cross left over right
- 3-4 Rock right to right side, recover weight onto left
- 5&6 Cross right behind left, step left next to right, step right to right side
- 7&8 Cross left behind right, step right next to left, step left to left side

Section 7 R Cross Rock, R Side, L Cross Rock, 1/4 Turn L, 1/2 Turn L, 1/4 Turn L

- 1-2-3 Cross rock right over left, recover weight onto left, step right to right side
- 4-5-6 Cross rock left over right, recover weight onto right, make 1/4 turn left stepping forward on left (3.00)
- 7-8 Make 1/2 turn left stepping back on right, make 1/4 turn left stepping left to left side (6.00)

Section 8 R Cross Rock, R Chasse, L Cross, R Side, L Sailor Step

- 1-2 Cross rock right over left, recover weight onto left
- 3&4 step right to right side, step left next to right, step right to right side
- 5-6 Cross left over right, step right to right side
- 7&8 Cross left behind right, step right next to left, step left to left side, end with body angled to 4.30

Quelle:

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