

Running Polka

32 count, 2 wall, intermediate level

Choreographer: Jean Pierre Madge (CH), May 2021

Choreographed to: "Run" by OneRepublic

Intro 16 Counts, start on vocals (appr. 8 secs)

Section 1 Heel Grind & Cross, Side, Weave & Touch, Unwind 3/4 L

1-2 Press R Heel forward, Step L to L

&3-4 Bring R next L, Cross L over R, Step R to R

5&6&7 Step L behind R, Step R to R, Cross L over R, Step R to R, Touch L behind R

8 Unwind 3/4 L put your weight on L (3:00)

Section 2 Touch & Twist, Coaster Step, Out-Out-In-Cross, Side, Touch

1&2 Touch R forward twisting both heels in, bring R behind twisting both heels out, step R back twisting Heels in

3&4 Step L back, Step R next L, Step L forward

5&6&7 Step R out on your heel, Step L out on your heel, Step R back, Cross L over R

7-8 Step R to R side, Touch L next R

Section 3 Chasse Left, 1/2 Turn Right into Chasse Right, Cross Rock, 1/4 Left, 1/2 Left without weight

1&2 Step L to L, Step R next L, Step L to L

3&4 Do 1/2 R and Step R to R, Step L next R, Step R to R (9:00)

5-6 Cross Rock L over R, Recover

7-8 1/4 L Step L forward, 1/2 L as you bring R next L without weight (12:00)

Section 4 Shuffle Back, 1/2 L Shuffle Forward, Jazz Box with Close

1&2 Step R back, Step L next R, Step R next L

3&4 1/2 L Step L forward, Step R next L, Step L forward (6:00)

5-6 Cross R over L, Step L back

7-8 Big Step R to R side as you bend over with the upper body from L to R, Bring L next R

Tag: *Dance Tag 2x after walls 1 & 4 and 3x after wall 7*

Rock Step & Step 1/2 Right, Full Turn, Walk, Run-Run

1-2 Rock R forward, Recover

&3-4 Step R next L, Step L forward, Pivot 1/2 R step R forward

5-6-7 1/2 R Step L back, 1/2 R Step R forward, Step L forward

8& Step R forward, Step L forward

Quelle:

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