

# Run Free

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Frank Heelan (IRL) October 2018

**Music:** "The Animal Song" by Savage Garden

**Intro: 16 counts.**

**Sec. 1: Walk, walk, shuffle, pivot  $\frac{1}{2}$ , cross, side rock, recover.**

1-2 Walk forward, right, left.  
3&4 Forward right, left together, forward right.  
5-6 Step forward on left, pivot  $\frac{1}{2}$  right (Weight to right)  
7&8 Cross left over right, rock right to right side, recover to left. (6.00)

**Sec. 2: Cross side sailor step, cross side sailor step.**

1-2 Cross right over left, step left to left.  
3&4 Rock right behind, recover to left, right to right.  
5-6 Cross left over right, step right to right.  
7&8 Rock left behind, recover to right, left to left.

**Sec. 3: Rock recover, triple full turn, rock recover coaster step.**

1-2 Rock forward right recover to left.  
3&4 Full triple turn right, stepping right, left, right.  
5-6 Rock forward on left, recover to right.  
7&8 Step back left, right together, forward right. (6.00)

**Sec. 4: Walk, walk, side rock recover step, rock recover, triple  $\frac{3}{4}$  left.**

1-2 Walk forward right, left.  
3&4 Rock right to right, recover to left, step forward right.  
5-6 Rock forward left, recover right.  
7&8 Triple  $\frac{3}{4}$  turn left, stepping left, right, left ( 9.00)

**Restart wall 3 dance the first 16 counts and restart facing 12.00.**

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