

# Running EZ

---

**Count:** 16

**Wall:** 4

**Level:** Beginner NC

**Choreographer:** Elaine Cook (CAN) - June 2016

**Music:** Running - James Bay

---

## **Intro: 32 Counts - No Tags Or Restarts**

**[1-8] Nightclub, Step ¼ L, Shuffle Forward, Rock Step, Coaster**  
1-2&3 Step side right, rock back left, recover right, turn ¼ left stepping forward left  
4&5 Shuffle forward right, left, right  
6-7 Rock forward left, recover right  
8&1 Step left back, step right beside left, step left forward

**[9-16] Sway, Sway, Back Weave 3, Sway Sway, Sway**  
2-3 Sway right, left  
4&5 Step right behind left, step left to side, cross right over left  
6-7-8 Sway left, right, left

### **Choreographer's Notes:**

**Written for our Beginner dancers as a floor split for Will Craig's Intermediate dance "Running"**

**Contact:** [elainecook82@gmail.com](mailto:elainecook82@gmail.com)