

Living On The Run

Count: 32

Wall: 4

Level: Improver

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - December 2024

Music: Run It - Jelly Roll

NO TAGS NO RESTARTS

Intro: 16 Counts, 8 secs approx.. on the lyrics

[1 – 8] Step, Brush, Shuffle Forward, Step ¼ Turn, Cross Shuffle

1-2 Step R fwd (1), Brush L fwd (2) 12:00
3&4 Step L fwd (3), Close R behind L (&), Step L fwd (4) 12:00
5-6 Step R fwd (5), Pivot ¼ turn L transferring weight to L (6) 9:00
7&8 Cross R over L (7), Close L behind R (&), Cross R over L (8) 9:00

[9 – 16] Weave Left, Side Rock, Recover, Together, Slide & Drag

1-2 Step L to L (1), Cross R behind L (2) 9:00
3-4 Step L to L (3), Cross R over L (4) 9:00
5-6 Rock L to L (5), Recover on to R (6) 9:00
&7-8 Step L next to R (&), Slide R to R (7), Dragging L towards R (8) 9:00

[17 – 24] Point Across, Point Side, Sailor ¼ Turn, Step Forward, Together, Heel Split x2

1-2 Point L across R (1), Point L to L side (2) 9:00
3&4 Cross L behind R (3), Making ¼ turn L step R next to L (&), Step L fwd (4) 6:00
5-6 Step R fwd (5), Step L next to R (6) 6:00
7&8& Push both heels out (7), Return heels to centre (&), Push both heels out (8), Return heels to centre (&) 6:00

[25 – 32] Heel Hook Heel Together x2, Jazz Box ¼ Turn

1&2& R heel fwd (1), Hook R over L (&), R heel fwd (2), Step R next to L (&) 6:00
3&4& L heel fwd (3), Hook L over R (&), L heel fwd (4), Step L next to R (&) 6:00
5-6 Cross R over L (5), Step L back (6) 6:00
7-8 ¼ Turn R stepping R to R side (7), Step L fwd (8) 9:00

Begin Again!