www.linedancerweb.com www.linedancefoundation.com
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## Running Polka

32 Count 2 Wall Intermediate Level Dance
Choreographed by: Jean Pierre Madge (CH) May 2021
Choreographed to: Run by OneRepublic
Intro: 16 Counts. Start on vocal at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 HEEL GRIND \& CROSS, SIDE, WEAVE \& TOUCH, UNWIND $3 / 4 \mathrm{~L}$
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
$8 \quad$ Unwind $3 / 4 \mathrm{~L}$ put your weight on $\mathrm{L}(3: 00)$
SEC 2 TOUCH AND TWIST, COASTER STEP, HEELS OUT-OUT, BACK AND CROSS, SIDE, TOUCH
1\&2 Touch R forward as you twist both heels in, as you bring $R$ behind, twist both heels out, Step R back and twist Heels in
3\&4 Step L back, Step R next L, Step L forward,
5\&6\& Step R out on your heel, Step L out on your heel, Step R back, Cross L over R
7-8 $\quad$ Step $R$ to $R$ side, Touch $L$ next $R$
SEC 3 CHASSÉ L, $1 / 2$ R CHASSÉ R, CROSS ROCK, SIDE, $3 / 4 \mathrm{~L}$
1\&2 Step L to L, Step R next L, Step L to L,
$3 \& 4 \quad$ 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 $\quad 1 / 4 L$ Step $L$ forward, $1 / 2 L$ as you bring $R$ next $L$ without weight (12:00)
SEC 4 SHUFFLE BACK, $1 / 2$ SHUFFLE FORWARD, CROSS, BACK, SIDE, TOGETHER
1\&2 Step R back, Step $L$ next $R$, Step $R$ next $L$
$3 \& 4 \quad 1 / 2 L$ 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 Twice after Walls $1 \& 4$, Three Times after Wall 7
ROCK, RECOVER AND STEP ½ PIVOT R, 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 $\quad 1 / 2 R$ Step $L$ back, $1 / 2 R$ Step $R$ forward, Step $L$ forward
8\& Step R forward, Step L forward

