

Running



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Choreographed by: Mandy Eades (UK) Mar 2025

Choreographed to: Runnin' by Cooper Alan

Intro: 16 Counts. Start at approx 10 secs.

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

WALK WALK MANDO DACK SWEED DACK SWEED COASTED

SEC 1 1-2 3&4 5-6 7&8	WALK, WALK, MAMBO, BACK SWEEP, BACK SWEEP, COASTER Walk forward on R, Walk forward on L Rock forward on R, Recover on L, Step slightly back on R sweeping L from front to back Step back on L sweeping R from front to back, Step back on R Step back on L, Step R next to L, Step forward on L (12:00)
SEC 2 1-2 3&4 5-6 7&8&	ROCK, SHUFFLE ½ TURN, PIVOT ¼ TURN, VAUDEVILLE Rock forward on R, Recover on L ½ turn right Step forward on R, Step L beside R, Step forward on R Step forward on L, Pivot ¼ turn right recover on R (9:00) Cross L over R, Step R to right side, Touch L heel to left diagonal, Step L in place
Restart	Here on Walls 5 and 6, on Wall 6 dance Tag 2 then restart
SEC 3 1&2 3-4 5&6 7&8	CROSS SHUFFLE, SIDE ROCK, SAILOR ¼ TURN, KICK BALL POINT Cross R over L, step L to left side, cross R over L Side Rock L, Recover on R Cross L behind R turning ¼ Left, Step R beside L, Step L forward (6:00) Kick R forward, Step back on R foot, Point L to left side
SEC 4 1-2 3-4 5&6& 7&8&	JAZZ BOX ¼, HEEL SWITCHES, POINT SWITCHES Cross L over R, Step back on right Turning ¼ turn L to left side, Touch R next to L (3:00) Step R Heel forward, Step R beside L, Step L Heel forward, Step L beside R Point R to R side, Step R beside L, Point L to L side, Step L beside R
Tag 1 1-2 3-4 5-6 7-8	At the end of Walls 1 and 2 GRAPEVINE, TOUCH, SIDE CLOSE SIDE, TOUCH Step R to R side, Step L behind R Step R to R side, Touch L beside R Step L to L side, Close R together beside L Step L to L side, Touch R beside L
Tag 2 1-2 3-4	After 16 counts of Wall 6, dance the following then restart JAZZ BOX Cross R over L, Step back on L Step R to R side, Step L next to R

