



I Run To You



Choreographed by Rachael McEnaney (UK) (June 2010)
 www.dancejam.co.uk - Rachaeldance@me.com
 Tel: 07968 181933

| | |
|---------------------|---|
| Description: | 64 count, 2 wall, Intermediate line dance |
| Music: | I Run To You – Lady Antebellum (from album: Need You Now) (available on itunes) (approx 114bpm) |
| Count In: | 32 counts from start of track – dance begins on vocals |

| Section | Footwork | End Facing |
|-----------|---|------------|
| 1 - 8 | R diagonal shuffle, L side rock, L diagonal shuffle, R step back ¼ turn L, L side | |
| 1 & 2 | Angle body to 10.30 step forward on right (1), step left next to right (&), step forward on right (2) | 10.30 |
| 3 - 4 | Angle body to 12.00 rock left to left side (3), recover weight onto right (4) | 12.00 |
| 5 & 6 | Angle body to 1.30 step forward on left (5), step right next to left (&), step forward on left (6) | 1.30 |
| 7 - 8 | Make ¼ turn left stepping back on right (now facing side wall 9.00) (7), step left to left side (8) | 9.00 |
| 9 - 16 | Syncopated weave, L side, hold, ball side rock | |
| 1 2 3 & 4 | Cross right over left (1), step left to left side (2), cross right behind left (3), step left to left side (&), cross right over left (4) | 9.00 |
| 5 6 & 7 8 | Step left to left side (5), hold (6), step right next to left (&), rock left to left side (7), recover weight onto right (8) | 9.00 |
| 17 - 24 | L diagonal shuffle, R side rock, R diagonal shuffle, L step back ¼ turn R, R side (repeat 1-8 but opposite foot) | |
| 1 & 2 | Angle body to 10.30 step forward on left (1), step right next to left (&), step forward on left (2) | 10.30 |
| 3 - 4 | Angle body to 9.00 rock right to right side (3), recover weight onto left (4) | 9.00 |
| 5 & 6 | Angle body to 7.30 step forward on right (5), step left next to right (&), step forward on right (6) | 7.30 |
| 7 - 8 | Make ¼ turn right stepping back on left (now facing front) (7), step right to right side (8) | 12.00 |
| 25 - 32 | Syncopated weave, big step R, hold dragging L, L coaster step. | |
| 1 2 3 & 4 | Cross left over right (1), step right to right side (2), cross left behind right (3), step right to right side (&), cross left over right (4) | 12.00 |
| 5 - 6 | Step right to right side (big step (5), hold dragging left foot towards right (6), | 12.00 |
| 7 & 8 | Step back on left (7), step right next to left (&), step forward on left (8) | 12.00 |
| 33 - 40 | R shuffle, Step forward L, ½ pivot turn R, full turn R travelling forward (or 2 walks), L rock forward | |
| 1 & 2 3 4 | Step forward on right (1), step left next to right (&), step forward on right (2), step forward on left (3), pivot ½ turn right (4) (weight R) | 6.00 |
| 5 - 6 | Make ½ turn right stepping back on left (5), make ½ turn right stepping forward on right (6) <i>Easy option: Walk forward right (5), left (6)</i> | 6.00 |
| 7 - 8 | Rock forward on left (7), recover weight onto right (8) | 6.00 |
| 41 - 48 | L coaster cross, R side rock, R sailor step, L sailor step | |
| 1 & 2 3 4 | Step back on left (1), step right next to left (&), cross left over right (2), rock right to right side (3), recover weight onto left (4) | 6.00 |
| 5 & 6 | Cross right behind left (5), step left next to right (&), step right to right side (6) | 6.00 |
| 7 & 8 | Cross left behind right (7), step right next to left (&), step left to left side (8) | 6.00 |
| 49 - 56 | R cross rock, R side, L cross rock, ¼ turn L stepping forward L, ½ turn L stepping back R, ¼ turn L | |
| 1 2 3 | Cross rock right over left (1), recover weight onto left (2), step right to right side (3) | 6.00 |
| 4 5 6 | Cross rock left over right (4), recover weight onto right (5), make ¼ turn left stepping forward on left (6) | 3.00 |
| 7 - 8 | Make ½ turn left stepping back on right (7), make ¼ turn left stepping left to left side (8) | 6.00 |
| 57 - 64 | R cross rock, R chasse, L cross, R side, L sailor step | |
| 1 2 3 & 4 | Cross rock right over left (1), recover weight onto left (2), step right to right side (3), step left next to right (&), step right to right side (4) | 6.00 |
| 5 - 6 | Cross left over right (5), step right to right side (6) | 6.00 |
| 7 & 8 | Cross left behind right (7), step right next to left (&), step left to left side (8) end with body angled to 4.30 (facing back wall) ready to start again | 6.00 |