



I run to you

Chorégraphe : Rachael McEnaney 2010

Description : ligne 2 murs, 64 temps, niveau intermédiaire

Musique : **Rachael McEnaney**, Lady Antebellum, 114 bpm, WCS

Départ : sur les paroles, compter 32 temps d'introduction

- S1** 1 à 8 **R DIAGONAL SHUFFLE, L SIDE ROCK, L DIAGONAL SHUFFLE, R STEP BACK ¼ TURN L, L SIDE**
1-4 triple step diagonale avant G sur DGD, side rock G,
5-8 triple step diagonale avant D sur GDG, ¼ tour à G et pas PD arrière, pas PG à G
On est face au mur de gauche
- S2** 9 à 16 **SYNCOATED WEAVE, L SIDE, HOLD, BALL SIDE ROCK**
1-3&4 cross PD devant, pas PG à G, cross PD derrière, pas PG à G (&), cross PD devant,
5-8 pas PG à G, hold, pas PD à coté du G (&), side rock PG (7.8),
- S3** 17 à 24 **L DIAGONAL SHUFFLE, R SIDE ROCK, R DIAGONAL SHUFFLE, L STEP BACK ¼ TURN R, R SIDE**
(repeat 1-8 but opposite foot)
1-4 triple step diagonale avant D sur GDG, side rock D,
5-8 triple step diagonale avant G sur DGD, ¼ tour à D et pas PG arrière, pas PD à D,
On est face au mur de départ
- S4** 25 à 32 **SYNCOATED WEAVE, BIG STEP R, HOLD DRAGGING L, L COASTER STEP**
1-3&4 cross PG devant, pas PD à D, cross PG derrière, pas PD à D (&), cross PG devant,
3-8 grand pas PD à D, drag PG, coster step PG,
- S5** 33 à 40 **R SHUFFLE, STEP FORWARD L, ½ TURN R, FULL TURN R TRAVELLING FORWARD**
(OR 2 WALKS), **L ROCK FORWARD**
1&2-4 triple step avant DGD, step ½ tour (pas PG, ½ tour à D),
5-6 full turn (pivot ½ tour à D, pivot ½ tour à D), *option : marche PD PG*,
7-8 rock step avant PG,
On est face au mur de derrière
- S6** 41 à 48 **L COASTER CROSS, R SIDE ROCK, R SAILOR STEP, L SAILOR STEP**
1&2-4 coaster cross PG, side rock PD,
5-8 sailor step D, sailor step G,
- S7** 49 à 56 **R CROSS ROCK, R SIDE, L CROSS ROCK, ¼ TURN L STEPPING FORWARD L, ½ TURN L**
STEPPING BACK R, ¼ TURN L
1-3 cross rock step PD devant, pas PD à D,
4-6 cross rock step PG, ¼ tour à G et pas PG à G (&), *On est face au mur de droite*
7-8 pivot ½ tour à G et pas PD derrière, pivot ¼ tour à G et pas PG à G,
On est face au mur de derrière
- S8** 57 à 64 **R CROSS ROCK, R CHASSE, L CROSS, R SIDE, L SAILOR STEP**
1-3&4 cross rock PD, triple step à D sur DGD,
5-8 cross PG, pas PD à D, sailor step G,

Convention : PD = pied droit, PG = Pied gauche, G = gauche, D = droit, pdc = Poids du corps

Source : <http://www.dancejam.co.uk/> ; <http://www.sudestuairedancin'cowboy.fr>

Traduit et préparé par Cécile Haillot pour le cours Novice de Sud Estuaire Dancin'Cowboy, octobre 2011

I Run To You

Choreographed by **Rachael McEnaney (UK) (June 2010)**

www.dancejam.co.uk - Rachaeldance@me.com Tel: 07968 181933

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) *Easy option: Walk forward right (5), left (6)* 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