Run

△4 828/2026

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MUSIC: "Run" Run - Single by Storm & Stone
SOURCE: Itunes or Amazon download **TOTAL TIME:** 2:23
RHYTHM: TWO STEP **DIFFICULTY:** Average
PHASE (+): II+2(Pivot, Fishtail) **SPEED:** Dancer-Friendly Speed
Recommend 88%(MPM43-44)
FOOTWORK: Opposite unless indicated *(W: Woman's footwork in italics)*
SEQUENCE: Intro A B A B C A(1-8) B C(1-4) Ending

INTRODUCTION

1 - 8 WAIT 4 MEASURES;;;; SIDE DRAW CLOSE 2X;; SCISSORS THRU 2X;;
1 - 4 Bfly pos fcg WALL ld ft free wait 4 meas;;;;
5 - 8 {sd draw cl 2X} sd L, draw R, cl R, -; sd L, draw R, cl R, -;
{scis thru 2X} sd L, cl R, XLif to LOP RLOD, -; sd R, cl L, XRif to SCP LOD, -;

Part A

1 - 8 2 FORWARD TWO STEPS;; STRUT 4 (*OP..CROSS WALK 4);; FORWARD LOCK FORWARD 2X;; HITCH 6; (BFLY/WALL);
1 - 4 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, - to OP LOD;
{strut 4} fwd L, -, fwd R, -; fwd L, -, fwd R, -;*OP⋯{X wlk 4} fwd L acrs R, -, fwd R acrs L, -;
5 - 8 {fwd lk fwd 2X} fwd L, lk R, fwd L, -; fwd R, lk L, fwd R, -;
{hitch 6} fwd L, cl R, bk L, -; bk R, cl L, fwd R trng to fc, - to Bfly WALL;
9 - 16 SLOW OPEN VINE 4 w/MANEUVER;; PIVOT 2; WALK 2; PROGRESSIVE SCISSORS 2X;; FISHTAIL; WALK & FACE (NO HANDS JOINED);
9 -12 {S op vin 4 w/manv} sd L trng RF, -, XRib to LOP, -; sd L trng to fc, -, fwd R trng ½ RF, - to CP RLOD;
{pvt 2} bk L trng ¼ RF, -, fwd R btwn W's feet trng ¼ RF, - *(W fwd R btwn M's feet trng ½ RF, -, bk L trng ¼ RF, -)* to CP LOD; {wlk 2} fwd L, -, fwd R, -;
13-16 {prog scis 2X} sd L, cl R, fwd xif L *(W xib R)* to SCAR, -; sd R, cl L, fwd xif R *(W xib L)* to BJO fcg DLC, -;
{fishtail} XLib, sd R, fwd L, lk R to BJO fcg LOD; {wlk & fc} fwd L, -, fwd trn R to fc, - fcg WALL no hnds jnd;

Part B

1 - 8 SOLO L TURNING BOX;;;; LACE ACROSS; FORWARD TWO STEP; HITCH 4; WALK 2;
1 - 4 {solo L trng box} sd L, cl R, fwd L trng ¼ LF, -; sd R, cl L, bk R trng ¼ LF to back to back no hnds COH, -;
repeat meas 1-2 of Part B to BFLY WALL;;
5 - 8 {lc acrs} ldg W undr jnd ld hnds fwd L chg sds, cl R, fwd L,- to LOP LOD; {fwd two stp} fwd R, cl L, fwd R, -;
{hitch 4} fwd L, cl R, bk L, cl R; {wlk 2} fwd L, -, fwd R, -;
9 - 16 CHARLESTON;; LACE BACK; FORWARD TWO STEP; CIRCLE AWAY & TOGETHER;; SAND STEP 2X;;
9 -12 {chrlstn} fwd L, -, pt R fwd, -; bk R, -, pt L bk, -;
{lc bk} ldg W undr jnd trl hnds fwd L chg sds, cl R, fwd L, - to OP LOD;
{fwd two stp} fwd R, cl L, fwd R, -;
13-16 {circ awy & tog} trng awy frm ptr mvg in circular pattern fwd trn L, cl R, fwd trn L, -; fwd trn R, cl L, fwd trn R, - to BFLY WALL;
{sand stp 2X} tch L toe, tch L heel, XLif, -; tch R toe, tch R heel, XRif, -;

1 - 16 REPEAT Part A

1 - 16 REPEAT Part B

Part C

1 - 8 DOOR 2X; (CP/ WALL); 2 TURNING TWO STEPS;; PROGRESSIVE SCISSORS 2X;; HITCH 3; HITCH SCISSORS (SCP LOD);

1 - 8 {dr 2X} rk sd L, rec R, LXIF, -; rk sd R, rec L, XRif, - to CP WALL;
{2 trng two stps} sd L, cl R comm RF trn, sd & bk L 1/2 RF turn, -; sd R, cl L comm RF trn, fwd R comp 1/4 RF trn, - *fc LOD ; *2nd times…BJO/LOD
{prog scis 2X} sd L, cl R, fwd xif L (W xib R) to SCAR, -; sd R, cl L, fwd xif R (W xib L) to BJO fcg DLC, -;
{hitch 3} in BJO fwd L, cl R, bk L, -; {hitch scis} bk R, cl L, fwd R, - *(W fwd L trng RF, cl R,XLif, -)* to SCP LOD;

1 - 8 **REPEAT Part A(1-8)** Ending position…fcg WALL no hnds

1 - 16 **REPEAT Part B**

1 - 4 **REPEAT Part C(1-4)**

ENDING

1 - 4 **HITCH 3; HITCH SCISSORS (BFLY/WALL); VINE 4; Q SIDE LUNGE;**

1 - 5 {hitch 3} in BJO fwd L, cl R, bk L, -; {hitch scis} bk R, cl L, fwd R, - *(W fwd L trng RF, cl R,XLif, -)* to BFLY WALL;
{vin4} sd L, XRib, sd L, XRif; {Q sd lunge} lunge L sd, -, -, -;

<Head Cues>

Run
Sequence: Intro A B A B C A(1-8) B C(1-4) Ending
Intro:
Bfly pos fc W wait 4 meas ; ; ; ;
sd draw cl 2X ; ; scis thru 2X ; to SCP LOD ;
Part A:
2 fwd two stps ; to OP ; *strut 4 ; ; *OP···X wlk 4
fwd lk fwd 2X ; ; hitch 6 ; to Bfly W ;
slow op vin 4 w/manv ; ; pvt 2 fc LOD ; wlk 2 ;
prog scis 2X ; ; fishtail ; wlk & fc no hnds jnd ;
Part B:
solo L trng box ; ; ; ;
lc acrs ; fwd two stp to LOP ; hitch 4 ; wlk 2 ;
chrlstn ; ; lc bk to OP LOD ; fwd two stp ;
circ awy & tog ; to Bfly W ; sand stp 2X ; to SCP LOD ;
Part A:
2 fwd two stps ; to OP ; *strut 4 ; ;
fwd lk fwd 2X ; ; hitch 6 ; to Bfly W ;
slow op vin 4 w/manv ; ; pvt 2 fc LOD ; wlk 2 ;
prog scis 2X ; ; fishtail ; wlk & fc no hnds jnd;
Part B:
solo L trng box ; ; ; ;
lc acrs ; fwd two stp to LOP ; hitch 4 ; wlk 2 ;
chrlstn ; ; lc bk to OP LOD ; fwd two stp ;
circ awy & tog ; to Bfly W ; sand stp 2X ; ;
Part C:
dr 2X ; to Closed ; 2 trng two stps ; fc LOD ;
prog scis 2X ; ; hitch 3 ; hitch scis to SCP LOD ;
Part A(1-8):
2 fwd two stps ; to OP ; *strut 4 ; ;
fwd lk fwd 2X ; ; hitch 6 ; fc W no hnds jnd;
Part B:
solo L trng box ; ; ; ;
lc acrs ; fwd two stp to LOP ; hitch 4 ; wlk 2 ;
chrlstn ; ; lc bk to OP LOD ; fwd two stp ;
circ awy & tog ; to Bfly W ; sand stp 2X ; ;
Part C(1-4):
dr 2X ; to Closed ; 2 trng two stps ; to BJO LOD ;
Ending:
hitch 3 ; hitch scis to Bfly ; vin 4 ; Q sd lunge ;

MUSIC PREVIEW: RUN

