



RUNNING MAN

Choreographed by Sabine Stalder & Alice Berini

Description: 32 Counts, 4 Walls, Beginner/Improver Linedance		
Music: Running Man by Ollie Gabriel (available on iTunes)		
Count In: 16 counts		
Video: YouTube		
Section	Footwork	Facing
1	4x: Side, Touch With ¼ Turn; Touch, Touch, Triple Step	
1 & 2 &	Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right	06:00
3 & 4 &	Step L to left side, touch R next to L and ¼ turn right, step R to right side, touch L next to R and turn ¼ right	12:00
5 - 6	Touch L forward in R diagonal, touch L back	01:30
7 & 8	Step forward on L, close R behind L, step forward on L	01:30
2	Step ½ Turn, 3x Run, Step ½ Turn, 1/8 Turn, Touch	
1 - 2	Step R forward in R diagonal, ½ turn left (weight on L)	07:30
3 & 4	Run forward on R, L, R	07:30
5 - 6	Step L forward, ½ turn right (weight on R)	01:30
7 - 8	Step L to left side with 1/8 turn right, touch R next to L	03:00
3	Step, ½ Turn, Coaster Step, 3x Step Touch, Point	
1 - 2	Step forward on R, ½ turn left weight ends on R	09:00
3 & 4	Step back on L, close R next to L, step forward on L	09:00
5 & 6 &	Step forward on R, touch L next to R, step forward on L, touch R next to L	09:00
7 & 8 &	Step forward on R, touch L next to R, point L to left side, close L next to R	09:00
4	Monterey ½ Turn, Hitch And Heel And Step, Mambo 1/8 Turn Cross	
1 - 2	Point R to right side, drag R towards L making ½ turn right	03:00
3 - 4	Point L to left side, hitch left next to right in R diagonal	04:30
& 5 & 6	Step down on L, tap R heel forward, close R next to L, step forward on L	04:30
7 & 8	Step R to right side, transfer weight on L, cross R over L with 1/8 turn left	03:00