



RUNNING FREE

Choreographed by: Neville Fitzgerald (United Kingdom) , Julie Harris (United Kingdom)

Music: **Run Free** by **Rebecca Ferguson** [CD: Heaven (Deluxe Edition)]

Descriptions: 64 count, 4 wall, Intermediate level line dance

Starts After 16 Counts

Step, Rock Step, Back 1/2 Step, Rock Step, Coaster Cross.

1-3 Step forward on Left, rock forward on Right, recover on Left.

4&5 Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right.

6-7 Rock forward on Left, recover on Right..

8&1 Step back on Left, step Right next to Left, cross step Left over Right.

Side, Together, Side Together Cross, Side, Cross, Chasse 1/4.

2-3 Step Right to Right side, step Left next to Right.

4&5 Step Right to Right side. Step Left next to Right, cross step Right over Left

6-7 Step Left to Left side, cross step Right over Left.

8&1 Step Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left.

Step, 1/2, Rock & 1/2, Step, 1/2 Pivot, Left Lock Step.

2-3 Step forward on Right, pivot 1/2 turn to Left.

4&5 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward on Right.

6-7 Step forward on Left, pivot 1/2 turn to Right.

8&1 Step forward on Left, lock Right behind Left, step forward on Left.

Point, Behind, Rock & Cross, Touch, Step Back, Behind & Cross.

2-3 Point Right to Right side, step Right back & behind Left.

4&5 Rock Left to Left side, recover on Right, cross step Left over Right.

6-7 Touch Right toe forward, step back on Right.

8&1 Sweep Left out & step behind Right, step Right to Right side, cross step Left over Right.

Rock Step, Behind & Cross, Rock Step, Sailor 5/8 Cross.

2-3 Rock Right to Right side, recover on Left

4&5 Cross step Right behind Left, step Left to Left side, cross step Right over Left.

6-7 Rock Left to Left side, recover on Right.

8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn to Left stepping Right next to Left, 1/4 turn to Left cross stepping Left over Right.

(facing **1:30**)



Touch, Kick, Back Lock Back, Touch, Kick, Sailor 3/8.

2-3 Touch Right next to Left, kick Right forward. (facing **1:30**)

4&5 Step back on Right, lock Left over Right, step back on Right. (Travel back on diagonal facing **1:30**)

6-7 Touch Left in front & slightly across Right, kick Left forward.

8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/8 turn to Left stepping Right next to Left, step forward on Left. (**9:00**) ****R****

Rock Step, 1/2 Shuffle Turn, Step, 1/2, Shuffle 1/2.

2-3 Rock forward on Right, recover on Left.

4&5 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right. (**3:00**)

6-7 Step forward on Left, make 1/2 turn to Left stepping back on Left.

8&1 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn to Left stepping forward Left.

Cross, Back, Back Cross Back, Back Rock, Step 1/2 (Step).

2-3 Cross Right over Left, step back on Left.

4&5 Step back on Right, lock Left over Right, step back on Right.

6-7 Rock back on Left, recover on Right.

8&(1) Step forward on Left, pivot 1/2 turn to Right, (step forward on Left).

****R** Restart: Wall 2, Dance Up To & Including Counts 8& Section 6 (48&) .. Then Restart Dance From Beginning Facing Back Wall.**

RUNNING FREE