

Run

Count: 32

Wall: 4

Level: Improver

Choreographer: Marlon Ronkes (NL), Romain Brasme (FR), Mark Furnell (UK) & Chris Godden (UK) - October 2025

Music: Run (feat. Ragdoll) - Henri PFR



Intro: 32 Counts, Start at approx 17 secs

SEC 1 Cross Rock, Side Rock, Sailor Step, Ball Side Rock, Side Shuffle

- 1& Cross rock right over left, recover weight on to left
- 2& Rock right to right, recover weight on to left
- 3&4 Step right behind left, step left to left, step right to right
- &5-6 Step left beside right, rock right to right, recover weight on to left
- 7&8 Step right to right, step left beside right, step right to right

SEC 2 Behind Sweep, Weave, Step, ¼ Pivot, Botofogo

- 1-2 Step left behind right, sweep right from front to back
- 3&4 Step right behind left, step left to left, step right forward
- 5-6 Step left forward, pivot ¼ right transferring weight onto right (3:00)
- 7&8 Cross left over right, rock right to right, recover weight on to left

Restart: Here on Wall 3

SEC 3 Kick, Kick Side, ¼ Sailor Step, ¾ Walk Around

- 1-2 Kick right forward, kick right to right side
- 3&4 Turn ¼ right step right behind left, step left to left, step right forward (6:00)
- 5-6 Turn ⅛ left step left forward, turn ¼ left step right forward (1:30)
- 7-8 Turn ¼ left step left forward, turn ⅛ left step right to right (9:00)

SEC 4 Syncopated Back Rocks, ½ Monterey

- 1-2& Rock left back, recover weight on to right, step left to left
- 3-4 Rock right back, recover weight on to left
- 5-6 Point right to right, turn ½ right step right beside left (3:00)
- 7-8 Point left to left, step left beside right

Last Update: 6 Oct 2025