

# School Dance Styles

Ecole de Danse

## RUNNIN AROUND

Count : 32 Wall : 0 Level : Beginner partner

Choréographe : Stephen Pistoia ( 03/2018)

Music : Runnin around Sons of the Palomino

**Intro: 32 counts**

**Side by side position. Man's FT. work described. Woman same.**

### ( 1-8 ) RHUMBA BOX

- 1-2 step R to R side – step L together with R
- 3-4 step R back – pause on 4 as you slide L to R
- 5-6 step L to L side – step R together with L
- 7-8 step L forward – touch R to L

### ( 9-16 ) R SHUFFLE, L SHUFFLE, ROCK FORWARD ROCK BACK

- 1&2 step RF forward – step LF next to RF - step RF forward
- 3&4 step LF forward – step RF next to LF – step LF forward
- 5-6 rock RF forward – recover on LF
- 7-8 rock RF backwards – recover on LF

### ( 17-24 ) STEP LOCK STEP SCUFF X 2

- 1-2 step RF forward – step LF up behind RF
- 3-4 step RF forward – scuff LF lifting into air
- 5-6 step LF forward – step RF up behind LF
- 7-8 step LF forward – scuff RF lifting into air

### ( 25-32 ) JAZZ BOX STEP PIVOT ½ , STEP PIVOT ½

- 1-2 cross RF over LF – step LF out to LT
- 3-4 step RF to RT – step LF next to RF
- 5-6 step RF forward – pivot ½ turn LF ( drop the right hands here)
- 7-8 repeat 5-6 Enjoy!

**Cathy MERIOT** - Choréographe / Instructor

106 I chemin des Jardins

**83920 LA MOTTE en PROVENCE**

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.countryfriends83.fr](http://www.countryfriends83.fr)