

# Runnin'

Choreographed by: Rona Kaye (January, 2017)  
Level: Intermediate  
Music: "Runnin'" by Pharrell Williams (Available on I Tunes, Amazon)  
Descriptions: 64Count/4 Wall Phrased A (32) B (32)  
Sequence: A A A B B A A A B B A A B B A

Dance starts after 8 counts. (The first strong beat of the track is count one of the bass guitar section. You will need to listen closely...it is a definite 8 counts in to start the dance—right *before* the vocals):

## Part A, 32 Counts:

### Stylized Lock Step, Rocking Chair, Step Forward:

1-4	Step R Forward (1), Step L Behind R, Popping R Knee (2), Step R Forward (3) Rock L Forward (4)	12:00
5-8	Recover Weight To R (5), Rock L Back (6), Recover Weight To R (7) Step L Forward (8)	12:00

### Pivot ½ Turn To Right, Chase Turn To Right, ½ Turn To Left, Step Together, Ball Touch:

1-2	Turn ½ To Right (1), Step L Forward (2),	6:00
3-4	Turn ½ To Right (3), Step L Forward, "Prepping" To Turn Left (4)	12:00
5-6	Turn ½ To Left Lifting R Knee (5), Step R Side Right (6)	6:00
7&8	Step L Into The R (7), Step R To Side Right (&), Touch L Toe To Side Left (8)	6:00

### ¾ Turn To Left, ½ Turn Triple Step Left, "Touch, Kick, Hitch, Hip/Lunge To R":

1-2	Turn ¼ To Left Stepping Onto L (1), Turn ½ To Left Stepping R Back (2),	9:00
3&4	Turn ¼ To Left Stepping L To Left Side (3), Step R Into The L (&) Turn ¼ To Left Stepping L Forward (4),	6:00 3:00
5-8	Touch R Toe Into L (5), Kick R To Right Side—Left Shoulder Comes Forward (6), Bend R Knee (7), Step R To Right Side Taking Right Hip "With You" (8)	3:00

### Slow Hip/Lunge To L, Slow Sailor Step R, Slow Sailor ½ Turn Left:

1-2	Shift Weight To L Hip—Right Shoulder Comes Forward (1-2)	3:00
3-4-5	Step R Behind L (3), Step L Slightly To Left Side (4), Step R Slightly To Right Side (5),	3:00
6-7-8	Step L Behind R (6), Step R In Place (7), Turn ½ To Left Stepping L Forward (8)	9:00

## End of Part A.

\*\*\*Part B, 32 Counts (Please note the wall notations...because Part B is danced the first time on the 3:00 Wall, that will be direction reference I am using) :

### Slow R Hip/Lunge, Slow L Hip/Lunge, Step Together Step To Right:

1-2	Step R To Right Side Taking Right Hip "With You" (1-2)	3:00
3-4	Step L To Left Side Taking Left Hip "With You" (3-4)	
5-8	Step R To Right Side (5), Step L Into The R (6), Step R To Right Side (7) Touch L Into The R (8)	

### Slow L Hip/Lunge, Slow R Hip/Lunge, Step Together Step To Left With ¼ Turn Left:

1-2	Step L To Left Side Taking Left Hip "With You" (1-2)	3:00
3-4	Step R To Right Side Taking Right Hip "With You" (3-4)	
5-6	Step L To Left Side (5), Step R Into The L (6),	
7-8	Turn ¼ to Left Stepping L Forward (7), Touch R Toe Into L (8)	12:00

\*\*\*On the first 4 counts of the first two 8 counts of Part B, let your arms naturally sway to the R and L, then L and R...you can snap your fingers on counts 2 and 4.

**“Rolling Grapevine” To The Right, “Rolling Grapevine” To The L With ¼ Turn To Left:**

1-4	Turn 1/4 To Right Stepping R Forward (1), Turn ½ To Right Stepping L Back (2), Turn ¼ To Right Step R To Right Side (3), Touch L Toe Into R (4)	12:00
5-8	Turn ¼ To Left Stepping L Forward (5), Turn ½ To Left Stepping R Back (6) Turn ½ To Left Stepping L Forward (7), Lift R Up And Forward (8)	9:00

**Slow Pivot ½ Turn To Left, Two ¼ Pivot Turns To Left With Hip Rolls:**

1-4	Step Down Onto R (1-2), Turn ½ Left Stepping On L (3-4)	3:00
5-6	Step R Forward (5), Turn ¼ To L Rolling Hips (6),	12:00
7-8	Step R Forward (7), Turn ¼ To L Rolling Hips (8),	9:00

**End of Part B.**

**\*\*\*The first time that you dance Part B, you will be dancing to your 3:00 and 9:00 walls.**

**\*\*\*The second time that you dance Part B, you will be facing your 6:00 and 12:00 walls.**

**\*\*\*The third time that you dance Part B, you will be facing your 12:00 and 6:00 walls.**

**\*\*\*After you dance both B sections, you will begin again with Part A facing the same wall where you had left off before starting Part B for the first time.**

**The last time that you dance Part A, you will start facing 12:00. To finish the dance to the front wall, only turn ¼ to the left on the last “slow sailor” step, instead of the ½ turn.**