

ALWAYS RUN

Choreographed by Adriano Castagnoli (Wild Country)

Description: part A (64 counts) + part B (24 counts in syncopated) + part C (16 counts) +
nr. 2 tags in syncopated (16+8) + 1 tag (14), 2 wall, level advanced, phrased

Music: "Hit The Hay Runnin'" by Aaron Watson

Sequence: B C A Tag1 A*C A A* Tag2 B* A A Tag3 (A final)

PART B: (24 counts doing syncopated counting)

STEPS FORWARD (RIGHT, LEFT), TOUCH, SCUFF, STEP, ROCK FORWARD, STEP BACK, COASTER STEP RIGHT

1-2 Step Right Forward, Step Left Forward

3&4 Touch Right Toe Diagonally Back To Right, Scuff Right Forward, Step Right Over Left

5&6 Rock Forward On Left, Return Onto Right, Step Left Back

7&8 Step Right Back, Step Left Beside Right, Step Right Forward

STEPS BACK (LEFT, RIGHT), COASTER STEP LEFT, ROCK BACK RIGHT, 2 STOMP, 2 HEEL SPLIT

1-2 Step Left Back, Step Right Back

3&4 Step Left Back, Step Right Beside Left, Step Left Forward

5&6 Jumping Rock Back On Right, Return Onto Left, Stomp Up Right Beside Left

&7& Stomp Right Forward, Swivel Both Heels Outside, Return Both Heels To Centre

8& Swivel Both Heels Outside, Return Both Heels To Centre

SCISSOR STEPS (LEFT, RIGHT), GRAPEVINE LEFT, 2 STOMP

1&2 Step Left To Left Side, Step Right Beside Left, Cross Left Over Right

3&4 Step Right To Right Side, Step Left Beside Right, Cross Right Over Left

5-6 Step Left To Left Side, Cross Right Behind Left

7-8& Step Left To Left Side, Stomp Right Beside Left (Twice)

PART C: (16 counts no syncopated counting)

APPLE JACKS (RIGHT, LEFT), TRAVELLING APPLE JACK TO RIGHT, 2 STOMP LEFT

1-2 Swivel Right Toe And Left Heel To Right Side, Return Feet To Centre

3-4 Swivel Left Toe And Right Heel To Left Side, Return Feet To Centre

5-6 Swivel Right Toe And Left Heel To Right, Reverse Weight And Swivel Right Heel And Left Toe

7-8 Stomp Left Beside Right (Twice)

APPLE JACKS (LEFT, RIGHT), TRAVELLING APPLE JACK TO LEFT, 2 STOMP RIGHT

1-2 Swivel Left Toe And Right Heel To Left Side, Return Feet To Centre

3-4 Swivel Right Toe And Left Heel To Right Side, Return Feet To Centre

5-6 Swivel Left Toe And Right Heel To Left, Reverse Weight And Swivel Left Heel And Right Toe

7-8 Stomp Right Beside Left (Twice)

PART A: (64 counts *no syncopated counting*)

KICK, JUMPING TURN 1/2 LEFT (CROSS, 2 KICK), CROSS, KICK, CROSS, STEP

1-2 Kick Right Forward, Jumping Turn 1/4 Left And Cross Right Over Left (09:00)
3-4 Jump Onto Left On Place And Kick Right Forward, Turn 1/4 Left And Kick Left Forward (06:00)
5-6 Cross Left Over Right, Step Right A Little Back And Kick Left Forward
7-8 Cross Left Over Right, Step Right A Little Back

ROCK BACK LEFT, 2 STOMP LEFT, ROCK BACK RIGHT, 2 STOMP RIGHT

1-2 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
3-4 Stomp Left Beside Right (Twice)
5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
7-8 Stomp Right Beside Left (Twice)

KICK, JUMPING TURN 1/2 LEFT (CROSS, 2 KICK), CROSS, KICK, CROSS, STEP

1-2 Kick Right Forward, Jumping Turn 1/4 Left And Cross Right Over Left (03:00)
3-4 Jump Onto Left On Place And Kick Right Forward, Turn 1/4 Left And Kick Left Forward (12:00)
5-6 Cross Left Over Right, Step Right A Little Back And Kick Left Forward
7-8 Cross Left Over Right, Step Right A Little Back

ROCK BACK LEFT, 2 STOMP LEFT, ROCK BACK RIGHT, 2 STOMP RIGHT

1-2 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
3-4 Stomp Left Beside Right (Twice)
5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
7-8 Stomp Right Beside Left (Twice)*

JUMPING TO RIGHT WITH KICK, CROSS, 2 KICKS (RIGHT, LEFT), JUMPING TO LEFT WITH CROSS, 2 KICKS (LEFT, RIGHT), CROSS (start of the Jazz Box Right)*

1-2 Kick Right Diagonally Forward To Right, Jumping To Right Side And Cross Right Over Left
3-4 Kick Right Diagonally Forward To Right, Kick Left Diagonally Forward To Left
5-6 Jumping To Left Side And Cross Left Over Right, Kick Left Diagonally Forward To Left
7-8 Kick Right Forward, Cross Right Over Left*

TO CONTINUE JAZZ BOX RIGHT WITH STOMP, STEP SIDE, SWIVEL RIGHT FOOT (HEEL, TOE), STOMP UP, SCUFF

1-2 Step Left Back, Step Right To Right Side
3-4 Stomp Left Beside Right, Step Left To Left Side
5-6 Swivel Right Foot To Left Side (Heel, Toe)
7-8 Stomp Up Right Beside Left, Scuff Right Beside Left

WEAVE RIGHT, SCISSOR STEP RIGHT, SCUFF

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right Diagonally Back To Right, Cross Left Over Right
5-6 Step Right To Right Side, Step Left Beside Right
7-8 Cross Right Over Left, Scuff Left Beside Right

ROCK FORWARD LEFT, TURN 1/2 LEFT AND ROCK FORWARD LEFT, ROCK BACK LEFT, STOMP, HOLD

1-2 Rock Forward On Left, Return On Right
3-4 Turning 1/2 Left On Right And Rock Forward On Left, Return On Right (06:00)
5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
7-8 Stomp Left Forward*, Hold

TAG 1: (16 counts doing syncopated counting) performed after 62* counts of the 1st part A (on 2nd wall)

STOMP LEFT FORWARD, 7 HOLD (06:00)

PIVOT 1/2 LEFT, ROCKING CHAIR FORWARD RIGHT, 2 STOMP RIGHT

1-2 Step Right Forward, Pivot 1/2 Turn Left (12:00)

3-4 Rock Forward On Right, Return Onto Left

5-6 Rock Back On Right, Return Onto Left

7-8 Stomp Right On Place (Twice)

TAG 2: (8 counts doing syncopated counting) performed after 32* counts of the 4th repetition of the part A (on 2nd wall)

STOMP RIGHT TO RIGHT SIDE, 3 HOLD (06:00)

STOMP LEFT TO LEFT SIDE, 3 HOLD

After Tag 2, to do all part B ending with Grapevine Left 1/2 Turn* and only 1 Stomp.

TAG 3: (14 counts no syncopated counting) performed after 6th repetition of the part A (on 1st wall)

ROCK FORWARD RIGHT, TURN 1/2 RIGHT AND ROCK FORWARD RIGHT, ROCK BACK RIGHT, STOMP, HOLD

1-2 Rock Forward On Right, Return On Left (12:00)

3-4 Turning 1/2 Right On Left And Rock Forward On Right, Return On Left (06:00)

5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left

7-8 Stomp Right Forward, Hold

KICK, TOUCH TOE, REVERSE PIVOT 1/2 LEFT, HOLD, STOMP, HOLD

1-2 Kick Left Forward, Step Back On Left

3-4 Pivot 1/2 Turn Left (Weight On Left), Hold (12:00)

5-6 Stomp Right Beside Left, Hold

FINAL: performed first 32 counts of the part A ending only one Stomp Right Forward