



# Running Polka

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Jean-Pierre Madge (CH) - May 2021

**Music:** Run - OneRepublic

## **Grind & Cross, Side, Weave & Touch, Unwind 3/4 L**

- 1-2 Press R Heel forward (1), Step L to L (2)  
&3-4 Bring R next L (&), Cross L over R (3), Step R to R (4),  
5&6&7 Step L behind R (5), Step R to R (&), Cross L over R (6), Step R to R (&), Touch L behind R (7)  
8 Unwind 3/4 L put your weight on L (8) You are now facing 3'

## **Touch and Twist, Coaster Step, Heels Out-Out, Back and Cross, Side, Touch**

- 1&2 Touch R forward as you twist both heels in (1), as you bring R behind, twist both heels out (&),  
Step R back and twist Heels in (2)  
3&4 Step L back (3), Step R next L (&), Step L forward (4),  
5&6&7 Step R out on your heel (5), Step L out on your heel (&), Step R back (6), Cross L over R (&)  
7-8 Step R to R side (7), Touch L next R (8)

## **Chassé L, 1/2 R Chassé R, Cross Rock, Side, 3/4 L**

- 1&2 Step L to L (1), Step R next L (&), Step L to L (2),  
3&4 Do 1/2 R and Step R to R (3), Step L next R (&), Step R to R (4) You are now facing 9'  
5-6 Cross Rock L over R (5), Recover (6)  
7-8 1/4 L Step L forward (7), 1/2 L as you bring R next L without weight (8) You are now facing 12'

## **Shuffle Back, 1/2 Shuffle forward, Cross, Back, Side, Together**

- 1&2 Step R back (1), Step L next R (&), Step R next L (2)  
3&4 1/2 L Step L forward (3), Step R next L (&), Step L forward (4)  
5-6 Cross R over L (5), Step L back (6),  
7-8 Big Step R to R side as you bend over with the upper body from L to R (7), Bring L next R (8)

## **TAG : TWICE after wall 1,4 - THREE TIMES after wall 7**

### **Rock, Recover and Step 1/2 Pivot R, Full Turn, Walk, Run Run**

- 1-2 Rock R forward (1), Recover (2),  
&3-4 Step R next L (&), Step L forward (3), Pivot 1/2 R step R forward (4)  
5-6-7 1/2 R Step L back (5), 1/2 R Step R forward (6), Step L forward (7)  
8& Step R forward (8), Step L forward (&)

**Smile and restart the dance again !**

**Contact:** jean-pierremm@bluewin.ch

Quelle: <https://www.copperknob.co.uk/>