

# Now I Run

**Song:** Now I Run  
**Artist:** Shannon Noll  
**Choreographers:** Mitch & Linda Burgess- Sydney- July 2006 (Ph. 0419285389)  
**Description:** 40 count-4 Wall Intermediate dance

Beats	Steps
<b>1-8</b>	<b>STEP LOCK STEP, PIVOT ½, STEP, STEP LOCK STEP, PIVOT 1/2 , STEP</b>
1&2,3&4	Step fwd R, lock/step L behind R, step fwd R, step fwd L, pivot ½ turn R, step fwd L
5&6,7&8	Step fwd R, lock/step L behind R, step fwd R, step fwd L, pivot ½ turn R, step fwd L
<b>9-16</b>	<b>SIDE ROCK, REPLACE, CROSS, SIDE, BEHIND, SIDE, FWD ROCK/REPLACE, STEP BACK, STEP BACK, TOUCH UNWIND</b>
1&2,3&4	Rock/step R to R, replace weight to L, cross/step R over L, step L to L, cross/step R behind L, step L to L
5&6&7,8	Rock/step fwd R to face L45, replace weight to L, step back R, step back slightly on L, touch R over L & unwind 315degL (to face 12.00)(weight L)
<b>17-28</b>	<b>FWD ROCK/REPLACE, ½ TURN STEP FWD, STEP PIVOT ¼, CROSS, SIDE, CROSS, SIDE ROCK/REPLACE, CROSS, ¼ BACK, ¼ SIDE, SKATE, SKATE, SKATE</b>
1&2,3&4&5	Rock/step fwd R, replace weight to L, turn ½ R & step fwd R, step fwd L, pivot ¼ R (weight R), cross/step L over R, step R to R, cross/step L over R
6,7,8&1	Rock/step R to R, replace weight to L, cross/step R over L, turn ¼ R & step back L, turn ¼ R & step R to R
2,3,4	Skate fwd L,R, L*
<b>29-32</b>	<b>FWD ROCK/REPLACE, STEP BACK, L COASTER CROSS</b>
5&6,7&8	Rock/step fwd R, replace weight to L, step back R, step back L, step R beside L, cross/step L over R**
<b>33-40</b>	<b>SIDE ROCK/REPLACE, CROSS, ¼ BACK, ¼ SIDE, CROSS, SIDE ROCK/REPLACE, CROSS, ¼ BACK, ¼ SIDE, CROSS</b>
1&2,3&4	Rock/step R to R, replace weight to L, cross/step R over L, turn ¼ R & step back L, turn ¼ R & step R to R, cross/step L over R
5&6,7&8	Rock/step R to R, replace weight to L, cross/step R over L, turn ¼ R & step back L, turn ¼ R & step R to R, cross/step L over R

**Begin again!!**

**Tag: End of wall 3. (facing 9.00)**

<b>1&amp;2,3&amp;4</b>	<b>Rock/step fwd R, replace weight to L, step back R, shuffle back L,R,L</b>
<b>5,6&amp;7,8</b>	<b>Touch R toe back, pivot ½ turn R (keeping weight back on L), step back R, touch L back, pivot ½ turn L (weight to L)</b>
<b>1&amp;2,3&amp;4</b>	<b>Step fwd R, step L beside R, step back R (fwd coaster), Step back L, step R beside L, step fwd L. (coaster)</b>

**Restart:** Wall 1 after count 28\*Restart facing 3.00  
Wall 6 after count 32\*\* Restart facing 6.00

*One-Liner Bootscooters-Blacktown & Parramatta*  
*Email: [onelnr@bigpond.net.au](mailto:onelnr@bigpond.net.au)*  
*<http://roots-boots.net/1liners/>*