

Run It

Count: 32

Wall: 4

Level: Improver

Choreographer: Joseph Brown (CAN) - December 2025

Music: Run It - Jelly Roll



Intro: 16 counts

Restart: Wall 7 after 16 counts

S1: ROCKING COASTERS R & L

- 1-2 Rock R forward, recover L
- 3&4 R back, L back, R forward (coaster step)
- 5-6 Rock L forward, recover R
- 7&8 L back, R back, L forward (coaster step)

S2: TWO ½ TURN SHUFFLES FWD TRAVELLING, STEP PIVOT ½ L, KICK BALL STEP

- 1&2 ½ turn left shuffle R-L-R (stepping back) [6:00]
- 3&4 ½ turn left shuffle L-R-L (stepping forward) [12:00]
- 5-6 Step R forward, pivot ½ turn left (weight L) [6:00]
- 7&8 Kick R forward, step R beside L, step L forward

***Restart here on Wall 7**

S3: SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, SAILOR 1/4 TURN

- 1-2 Rock R to right, recover L
- 3&4 Cross R behind left, Step L to left side, Cross R over L
- 5-6 Rock L to left, recover R
- 7&8 1/4 turn left crossing L behind R, step R to right side, step slightly forward on L [3:00]

S4 STEP PIVOT ½ L, RIGHT SHUFFLE FWD, L HEEL R HEEL, L HEEL-HOOK-HEEL

- 1-2 Step R forward, pivot ½ turn left (weight L) [9:00]
- 3&4 Shuffle forward R-L-R, OR Run forward R, L, R (quick small steps – on “run it” lyric walls)
- 5-6 Touch L heel forward, touch R heel forward
- 7&8 Touch L heel forward, hook L across R shin, touch L heel forward

*** Variation: On “run it” lyric walls, walls 3-5, and 8-10, replace right shuffle (3&4 in Section 4) with quick run forward R-L-R.**