

RUN

Level: Easy Intermediate **Genre:** Pop
Artist: One Republic
Choreo: Lesley Marx
Speed: -10% **Length:** 2:53
Sequence: A, Chorus, A, B, C, Chorus, D, B, C, Chorus, Ending
Wait: 16 beats

Quick Cues

Part A (32 beats)

4 Pump Touch
4 Joey (Rft)
4 Pump Touch
4 Joey (Rft)
4 Pivot Chain (1/2L)
4 Rocking Chair (Rft)
4 Pivot Chain (1/2R)
4 Rocking Chair

Chorus (16 beats)

16 2 Long Twisty Four (L&R)

Part A (32 beats)

4 Pump Touch
4 Joey (Rft)
4 Pump Touch
4 Joey (Rft)
4 Pivot Chain (1/2L)
4 Rocking Chair (Rft)
4 Pivot Chain (Rft) (1/2R)
4 Rocking Chair

Part B (32 beats)

8 High Horse
4 Basketball Basic (1/2R)
4 Triple (Rft)
16 REPEAT

Part C (32 beats)

4 Mountain Goat
4 Triple
4 Hard Step (Rft)
4 Fancy Double (1/2L)
16 REPEAT

Quick Cues

Chorus (16 beats)

16 2 Long Twisty Four (L&R)

Part D (32 beats)

8 Clogover Slur (L)
4 Pivot Chain (1/2R)
4 Fancy Kick
16 REPEAT

Part B (32 beats)

8 High Horse
4 Basketball Basic (1/2R)
4 Triple
16 REPEAT

Part C (32 beats)

4 Mountain Goat
4 Triple
4 Hard Step (Rft)
4 Fancy Double (1/2L)
16 REPEAT

Chorus (16 beats)

16 2 Long Twisty Four (L&R)

Ending (33 beats)

4 Mountain Goat
4 Rocker
4 Pivot Chain (1/2L)
4 Joey (Rft)
8 Cowboy
4 Karate (1/2L)
4 Charleston
1 2 Quick Stomp



Step Definitions - RUN

PUMP TOUCH:

DS-DR/K SL TCH(XIF) SL-DR/K SL (CAN HAVE H INSTEAD OF SL & LAST DR/K CAN BE A TCH)
L L/R L R L L/R L
&1 & 2 & 3 & 4

JOEY:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(BS) S
R L R L R L R
&1 & 2 & 3 & 4

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4

ROCKING CHAIR:

DS BR H DS RS
L R L R LR
&1 & 2 &3 &4

BASKETBALL BASIC:

(P) S(FWD) PVT(1/2 R) S DS RS
L L R L RL
& 1 & 2 &3 &4

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

LONG TWISTY FOUR:

DS(OTS) DS(XIF) BA(OTS) BA(XIB) BA(OTS) BA(XIF) BA(OTS) BA(XIB) BA(OTS) S(XIF) DS RS
L R L R L R L R L R L RL
&1 &2 & 3 & 4 & 5 & 6 &7 &8

HIGH HORSE:

DS DT(XIF) SL DT(X) SL BA(OTS) BA(XIF) HD/BA LIFT/SL DS DS RS
L R L R L R L /R L /R L R LR
&1 & 2 & 3 & 4 & 5 &6 &7 &8

MOUNTAIN GOAT:

DS BA(XIF) BA(OTS) BA(OTS) BA(XIF) BA(XIB) SL
L R L R L R R
&1 & 2 & 3 & 4

HARD STEP:

DT(BK) H BR H DS RS
R L R L R LR
& 1 & 2 &3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

FANCY KICK:

DS DS RS K H
L R LR L R
&1 &2 &3 & 4

CLOGOVER SLUR:

DS(OTS) DS(XIF) DS(OTS) SLR-S(XIB) DS(OTS) DS(XIF) DS(OTS) RS
L R L R R L R L RL
&1 &2 &3 & 4 &5 &6 &7 &8

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

KARATE:

DS-PVT(1/2 L)/K H (P) S K H
L L /R L R L R
&1 & 2 & 3 & 4

COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

CHARLESTON:

DS TCH(F) H T-H(BK) RS
L R L R R LR
&1 & 2 & 3 &4

QUICK STOMP:

STO
L
&