

Runnin' Behind

Choreo: Larry & Susan Sperry, 40 Roundup Drive, Billings, MT 59102 version 1.0
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Music: Runnin' Behind by Tracy Lawrence Album: The Very Best of Tracy Lawrence, Trk # 3, Length 2:53
Available as download from Amazon
Footwork: Opposite unless noted (Woman's footwork in Parentheses)
Rhythm: Two Step Phase 2 Degree of Difficulty: Average
Sequence: Intro A A B C B inter C end

INTRODUCTION

1-4 CP-FCG WALL WAIT;; DIP & RECOVER; 2 SIDE CLOSE TO SEMI;

1-4 CP wall wait 2 meas;; Bk L,-, rec R,-; Sd L, cl R, sd L, cl R to semi;

PART A

1-4 2 FWD TWO STPS;; CUT BACKS; DIP & RECOVER TO FACE;

1-4 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Xlif of R, bk L, Xlif of R, bk L,-; Bk L,-, rec R,- to fc prtner CP;

5-8 2 TURNING 2 STEPS TO LOD;; SCOOT; WLK 2 TO BJO;

5-8 Sd L, cl R, sd L trn 1/2 RF,-; Sd R, cl L, sd R trn 1/4 RF LOD,-; Fwd L, cl R, fwd L, cl R; Fwd L,-, fwd R to BJO;

9-12 FWD HITCH 3; HITCH SCISSORS TO FC; 2 SIDE CLOSE; SIDE STEP THRU TO BFLY;

9-10 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,- (W turning RF 1/4 sd L, cl R, thru L,- fc prtner);
11-12 Sd L, cl R, sd L, cl R; Sd L,-, thru R,-, to bfly;

PART B

1-4 FACE TO FACE; BACK TO BACK; VINE 3; THRU SIDE THRU;

1-2 Sd L, cl R, sd L trn LF 1/2- ; Sd R, cl L, sd R trn RF to fc-;
3-4 Sd L, Xrib of L, sd L,-; In bfly Thru R, sd L, thru R,-;

5-8 TWIRL 3 TCH; WRAP FC LOD; BACK WALK 2; SLOW SWIVEL TO BFLY;

5-6 Sd L, Xrib of L, sd L, tch R (W sd and fwd right turning 1/2 RF under joined hands, sd and bk L turning 1/2 RF, sd R, tch L); Sd R keeping hands joined bring trailing hands down between partners bring lead hands up between partners to start W into LF trn, cl L leading W into LF turn, sd R trn LF LOD bring lead hands down to chest level, tch L (W Sd & fwd L trng LF 3/8, bk R trng LF 3/8 to fc LOD, cl L, tch R);
7-8 Bk L,-, bk R,-; Release trailing hnds swivel RF on weighted R foot to fc prtner, -,- (W swivel LF on L foot);

9-12 VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;

9-10 Sd L, Xrib, sd L, tch R; {WRAP} Repeat meas 6 Part B;
11-12 {UNWRAP} Release lead hands sd L hold trailing hands start W into RF turn, cl R lead W in RF turn, sd L, tch R blend to BFLY (W Sd R turn 1/4 RF, cl L turn 1/4 RF, sd R turn 1/8 RF, tch L blend to Bfly coh);
{CHG SDS} Raise trailing hands fwd R turning 1/4 RF crossing in bk of W, cl L, fwd R turning 1/4 RF to fc coh, tch L (W Fwd L turning 1/4 LF under trailing hnds in front of M, cl R, fwd L turning 1/4 LF, tch R to L) ;

13-16 VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;

13-16 Repeat meas 9-12 part B:::

17-20 LACE ACROSS; 2 STEP TO FACE; TO RLOD MAN LACE ACROSS; 2 STEP TO FACE;

17-18 Under lead hnds X beh W fwd L, cl R, fwd L to lop lod,-; Fwd R, cl L, fwd & sd R fc prtner coh,-;
19-20 To rlod X in front of W under lead hnds fwd L, cl R, fwd L to lop rlod,-; Fwd R, cl L, fwd R fc prtner,-;

PART C

- 1-4 NO HANDS SKATE L & R; SIDE 2 STEP; SKATE R & L; SIDE 2 STEP;**
1-2 Releasing contact with partner swivel LF on R and step fwd on L/draw R to L [swinging arms to left], -, swivel RF on L and step fwd on R/draw L to R [swinging arms to right], -; Sd L, cl R, sd L,-;
3-4 Repeat meas 1 part C using trail foot to start; Sd R, cl L, sd R,-;
- 5-8 BACK AWAY 3; TOG 3 CHANGE SIDES; BACK AWAY 3; TOG 3 CHANGE SIDES;**
5-6 Bk L, bk R, bk L,-; Fwd R, fwd L, fwd R to ptrns R sd spin RF to fc coh,- (W spin LF to fc wall);
7-8 Repeat to fc wall;;
- 9-12 SKATE L & R; SIDE 2 STEP; SKATE R & L; SIDE 2 STEP;**
9-12 Repeat meas 1-4 Part C;;;;

INTERLUDE

- 1-4 VINE 3 BFLY; THRU SIDE THRU; OPEN VINE TO FC;;**
1-4 Repeat meas 3-4 Part B;; Sd L,-, Xrib of L to LOP,-; Sd L,-, Xrib of L to fc ptrnr,-;

END

- 1-2 2 SIDE CLOSE; SD CL APT PT;**
1-2 Sd L, cl R, sd L, cl R; Sd L, cl R, step apt L, pt R toward ptrnr;

HEAD CUES

- INT)** CP wall WW;; Dip & recover; 2 sd cl semi;
A) 2 fwd 2 steps;; Cut bks; Dip & rec to fc;
2 turning 2's lod;; Scoot; Wlk to bjo;
Fwd hitch 3; Hitch scis to fc; 2 sd cl; Sd step thru;
A) 2 fwd 2 steps;; Cut bks; Dip & rec to fc;
2 turning 2's lod;; Scoot; Wlk to bjo;
Fwd hitch 3; Hitch scis to fc; 2 sd cl; Sd step thru;
B) Fc to fc; Bk to bk; Vine 3; Thru sd thru;
Twirl 3 tch; Rev wrap fc lod; Slow bk 2; Slow swivel to bfly;
Vine 3 tch; Wrap; Unwrap; Chng sds;
Vine 3 tch; Wrap; Unwrap; Chng sds;
Lace acr; 2 step to fc; Man lace acr; 2 step to fc;
C) No hnds Skate L & R; Sd 2 step; Skate R & L; Sd 2 step;
Bk away 3; Tog 3 chng sds; Bk away 3; Tog 3 chng sds;
Skate L & R; Sd 2 step; Skate R & L; Sd 2 step;
B) Fc to fc; Bk to bk; Vine 3; Thru sd thru;
Twirl 3 tch; Rev wrap fc lod; Slow bk 2; Slow swivel to bfly;
Vine 3 tch; Wrap; Unwrap; Chng sds;
Vine 3 tch; Wrap; Unwrap; Chng sds;
Lace acr; 2 step to fc; Man lace acr; 2 step to fc;
Inter) Vine 3 bfly; Thru sd thru; Open vine to fc;;
C) No hnds Skate L & R; Sd 2 step; Skate R & L; Sd 2 step;
Bk away 3; Tog 3 chng sds; Bk away 3; Tog 3 chng sds;
Skate L & R; Sd 2 step; Skate R & L; Sd 2 step;
END) 2 sd cl; Sd cl apt pt;