

RUNNING INTO YOU

SONG:	I HATE THIS
ARTIST:	TENILLE ARTS
ALBUM:	LOVE, HEARTBREAK & EVERYTHING IN BETWEEN
CHOREOGRAPHER:	MICHAEL VERA-LOBOS, GREECE - NOV 2022
ORIGINAL POSITION:	Feet Slightly apart, Weight on L foot
DANCE STARTS:	Start on Vocals 16 Count Intro

BEATS:	STEPS:	UPPER INTERMEDIATE Version: 0:01
1 – 8&9	STEP FWD, ROCK FWD & REPLACE, ¼ L, CROSS & SIDE, BEHIND SWEEP SIDE, CROSS BEHIND & ¼ R, STEP FWD, ¾ TRIPLE SPIN FWD R	
1,2&3	Step fwd R Dragging L towards R, Rock fwd L & Replace Wt on R & Turning ¼ L on L End with L to L side (9:00)	
4&5	Travel L side – Cross R over L & Step L to L, Cross R behind L Sweeping L to L side (9:00)	
6&7	Cross L Behind R & Turn ¼ R on R, Step fwd onto L (12:00)	
8&1	Travel Fwd – Step fwd R & Turn ½ R Stepping back on L, Turn a further ¼ R Ending with R to R side (9:00)	
10 – 17	CROSS ROCK & REPLACE, STEP SIDE, CROSS & ¼ R, ½ R, STEP FWD L, ½ PIVOT R, STEP FWD & ½ L, ¼ L SIDE DRAG	
2&3,4&5	Cross Rock L over R & Replace Wt on R, Step L to L side Dragging R towards L, Cross R over L & Turn ¼ R Stepping back on L, ½ R on R (6:00)	
6,7,8&1	Step fwd L, Pivot ½ R, Step fwd L & Turn ½ L Stepping back on R, Turn a further ¼ L Ending L to L side Dragging R towards L (3:00)	
18 – 25	SIDE R & STEP BESIDE, SIDE LUNGE, REPLACE, ½ HINGE R, CROSS ROCK & REPLACE, ¼ L, ¼ L SIDE & STEP BESIDE, ¼ L STEP BACK	
2&3,4,5	Step R to R & Step L beside R, Side Lunge R to R (3:00), Replace Wt on L (L Side), Hinge ½ R Ending R to R (Wt R)(9:00)	
6&7	Cross Rock L over R & Replace Wt on R, Turn ¼ L on L (6:00)	
8&1	Turning a further ¼ L End with R to R side & Step L beside R, Turn a further ¼ L Stepping back on R (12:00)	
26 – 32&	¼ L, ½ L, ½ L, LUNGE FWD R, REPLACE & ½ R, STEP FWD, ½ PIVOT R & STEP BESIDE	
2,3,4	Turn ½ L on L (6:00), Turn a further full spin fwd L Stepping onto R then L (6:00)	
5,6&7,8&	Lunge fwd R, Replace Wt on L & Turn ½ R on R, Step fwd L, Pivot ½ R & Step L beside R (6:00)	
33 – 40&	STEP SIDE – DRAG TOWARDS, DIAGONAL BACK L & CROSS LOCK, DIAGONAL BACK, COASTER BACK R, STEP FWD & ½ PIVOT R, LUNGE FWD L, REPLACE WT ON R & TURN ½ L ON L	
1,2&3	Step R to R side Dragging L towards R, Step back Diagonal L & Lock R over L, Step back Diagonal L (Keep Body facing 6:00)	
4&5,6&7	Step back R & Step L beside R, Step fwd R (6:00), Step fwd L & Pivot ½ R, Lunge fwd on L (12:00)	
8&	Rock back on R & Turn ½ L on L (6:00)	
41 – 48	TURN ½ L, SWEEP BACK, SWEEP BACK, COASTER BACK L, FULL TRIPLE SPIN FWD R, STEP FWD	
1,2,3	Turn a further ½ L Stepping back on R (12:00) Step back on L Sweeping R to R side, Step back on R Sweeping L to L side	
4&5,6&7,8	Step back on L & Step R beside L, Step fwd onto L, Full Triple Spin fwd R Stepping R,L,R, Step fwd on L Dragging R towards L (12:00)	
49 – 56&	STEP SIDE – DRAG TOWARDS, DIAGONAL BACK L & CROSS LOCK, DIAGONAL BACK, COASTER BACK R, STEP FWD & ½ PIVOT R, LUNGE FWD L, REPLACE WT ON R & TURN ½ L ON L	
1,2&3	Step R to R side Dragging L towards R, Step back Diagonal L & Lock R over L, Step back Diagonal L (Keep Body facing 12:00)	
4&5,6&7	Step back R & Step L beside R, Step fwd R (12:00), Step fwd L & Pivot ½ R, Lunge fwd on L (6:00)	
8&	Rock back on R & Turn ½ L on L (12:00)	
57 – 64	TURN ½ L, SWEEP BACK, SWEEP BACK, COASTER BACK L, FULL TRIPLE SPIN FWD R, STEP FWD	
1,2,3	Turn a further ½ L Stepping back on R (6:00) Step back on L Sweeping R to R side, Step back on R Sweeping L to L side	
4&5,6&7,8	Step back on L & Step R beside L, Step fwd onto L, Full Triple Spin fwd R Stepping R,L,R, Step fwd on L Dragging R towards L (6:00)	
TAG:	End of Wall 1	
1 – 8	SHUFFLE FWD R, STEP FWD L, ½ PIVOT R, ½ SHUFFLE R, ROCK BACK R, ROCK FWD L	
1&2,3,4	Shuffle fwd R Stepping RL,R (6:00), Step fwd L, Pivot ½ R (12:00)	
5&6,7,8	½ Shuffle R Stepping L,R,L, Rock back R, Rock fwd L (6:00)	

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ONE MISSISSIPPI

SONG: ONE MISSISSIPPI
 ARTIST: BRETT ELDREDGE
 ALBUM: BRING YOU BACK
 CHOREOGRAPHER: NOEL BRADEY, SYDNEY, January 2014
 ORIGINAL POSITION: Start with weight on L Foot
 DANCE STARTS: After 8 Count Introduction

<http://youtu.be/DtKMQKWogIQ>

BEATS: STEPS: 32 Count Two Wall Upper Intermediate Line Dance Version: 1:00

1-8 **R SIDE ROCK, REPLACE, FWD, FWD, ½ PIVOT, ½, ¼, CROSS, ¼, ¼, FULL SPIN TO RIGHT**
 1,2 Large rock/step on R to right side whilst pointing L toe to Left, Replace weight to L dragging R towards L
 &3& Step slightly fwd on R, Step L fwd, Pivot turn 180° right (wt R) (6:00)
 4& Turn 180° right stepping L back, Turn 90° right stepping R to right side (3:00)
 5&6 Cross/step L over R, Turn 90° left stepping back on R, Turn 90° left stepping L to left side dragging
 R to beside L (wt on L) (9:00)
 7&8 Turn 90° right stepping R fwd, Turn 180° right stepping L back, Turn 90° right stepping R to right (9:00)

9-17 **¼ FWD STEP, FWD COASTER, ½, FULL, BALL, LUNGE FWD, BACK, ½, FWD, ½, ¾ SAILOR**
 &1&2 Turn 45° right stepping L fwd, Step R fwd, Step L beside R, Step R Back (11:00)
 &3 Turn 180° left stepping L fwd, Step fwd on R turning 360° over left (5:00)
 &4 Step slightly fwd on ball of L, Lunge/step fwd on R (*) (5:00)
 5,6 Step L back as you drag R heel towards L, Step back on R (5:00)
 &7& Turn 180° left stepping L fwd, Step R fwd, Turn 180° right stepping L back (5:00)
 8&1 Cross/step R behind L as you commence a 135° turn right, complete turn as you step on L to left side,
 Replace/step on R to right (9:00)

18-24 **FULL TURN LEFT, WEAVE LEFT, CROSS, BACK, BACK, CROSS, BACK, ½, FWD, ½, ¼**
 &2& Turn 90° left stepping L fwd, turn 180° left stepping R back, Turn 90° left stepping L to left side (9:00)
 3&4 Cross/step R over L, Step L to left side, Cross/step on R behind L (#)
 &5&6&7 (Travelling back) Cross/step L over R, Step R back on right diagonal, Step L back on left diagonal,
 Cross/step R over L, Step back on L, Turn 180° right stepping R fwd (3:00)
 &8& Step L fwd, Pivot turn 180° right (wt R), Turn further 90° right stepping on L to left side (12:00)

25-32 **BACK, REPLACE, ½, ½, SHUFFLE FWD LUNGE, SCISSOR CROSS, ¼, ¼ SIDE SHUFFLE**
 1&2& Rock/step back on R, Replace wt to L, Turn 180° left stepping R back, Turn 180° left stepping L fwd (12:00)
 3&4 Step fwd on R, Step on ball of L beside R, Lunge/Step R fwd
 5&6 Step on L to left side, Step on R beside L, Cross/step L over R
 & Turn 90° left stepping R back (9:00)
 7&8 Turn 90° left to step L to left side, Step on ball of R beside L, Step L to left dragging R in to beside L (6:00)
 32 New Wall

Restarts: Wall 2: Dance to Count 12 (*), then on (&) replace wt back on L straightening to front wall to restart
 Wall 5: Dance to Count 20 (#), then..... Add the following 4 count tag which happens in a pause in the music:

Tag:&1,2,3,4 Step on Ball of L beside R, Cross/Step R over L, Unwind 270° left over 3 counts (end wt on L)– you will be back to front wall – commence Wall 6

To Finish Dance: Complete Wall 7 to end to the front – then in 1 count step on R to right side turning 360° over right as you drag L in to beside R

Please Note: The music seems to change on Wall 7, but you just need to keep the count and tempo without following pauses or apparent slow down.

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