

Intro: 8 counts on lyrics

When dancing you will find that the walk steps and the run steps hit with these lyrics every time. "know when to walk away, know when to run" There is a great storyline to this track and is a great singalong, this music lifts and builds as the track progresses.

Walk, Walk, Heel & Step, & Step Touch, ¼ Turn Shuffle Fwd

1-2 3 & 4 Walk, Right, Left, Dig Right Heel Forward (&) Step in place on Ball of Right Foot ,
Step Left Foot Forward

&56* 7 & 8 (&) Step Forward on Ball of Right Foot, Step Forward on Left, Point Right To Left
Side, Pivot ¼ Right on Left Foot as you shuffle forward, stepping Right, Left Together,
Step Right Forward

*restart happens here after count 6.

Step ½ Turn, Walk Walk, Shuffle Forward, & Step, Step

1-2 3-4 Step Forward on Left, Pivot ½ Turn Right, Walk Left, Right, (THE WALK)

5 & 6&7-8 Step Forward Left, Step Right Together, Step Forward Left, (&) Step Forward on the
Ball of Right Foot, Step Forward Left, Step Forward Right (THE RUN)

Rock Recover, ¼ Left Turn Shuffle, Cross Shuffle, ¼ Right Turn Step.

1-2 3 & 4 Rock Forward On Left, Recover on Right, Turn ¼ Left stepping Left to Left,
Side Right next to Left, Left next to Rt.

5 & 6 7-8 Cross Right Over Left, Step Left to Left Side, Step Right Across Left,
Turn ¼ Right Stepping back on Left, step Right to Right Side.

Cross Rock, Side Rock, Cross Shuffle, & Point Touch & Step (The last count)

1 – 2 – 3 – 4 Rock Left over Right, Recover on Right, Rock Left to Left Side, Recover on Right

5 & 6 & 7-8 Cross Left Over Right, Step Right to Right Side, Cross step Left across Right,
(&) Step Right next to Left Point Left out to Left Side, Touch Left next to Right.

& (last count)(&) Step in Place with Left .

Start Dance Again and sing if you want too!

Tag : 2 easy counts.....Touch Right to Right Side, Touch Right next to Left Instep. End of Wall 2 facing back.

Restart 6 counts....Start Dance Do first 6 Counts to the Point Right to Right Side...then continue from beginning Walk Walk.

End of Wall 4 facing Front..

Finish. The dance will finish bang on the end of the track at count 7 with your left pointed out to the side facing 9 o'clock left side wall.
