

Runaway Bay



mishnockbarn.com
mishnockbarn@gmail.com

Choreographed by: Dan Albro (01/15/16)

Choreographed for "Mishnock & Friends Jamaican Dance Vacation" Jan 16-23, 2016

Description: 32 Count, Low Intermediate, Partner Dance

Music: On and On by: Stephen Bishop

Intro: 16 count intro

Start: Facing OLOD, Indian position, Like footwork except where noted.

- 1-8 CROSS ROCK, SHUFFLE SIDE, WEAVE (FLOD)
1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L
5,6,7,8 Cross step R over L, step side L, cross step R behind L, step side L
- 9-16 LADY TURNS, ROCKING CHAIR, LADY TURNS
1-4 Man Turn $\frac{1}{4}$ left rocking fwd R, replace weight on L, rock back R, replace weight on L
5-8 Rock fwd R, replace weight L, rock back R, replace weight L
1-3 Lady Turn $\frac{1}{4}$ left stepping fwd R, pivot $\frac{1}{2}$ turn left weight on L, rock fwd R
4-6 Replace weight L, rock back R, replace weight L
7,8 Step fwd R, pivot $\frac{1}{2}$ left weight on L
hands: On count 1 Mans right hand goes over lady, On count 7 man releases left hands
On count 8 reconnect hands
- 17-24 2 SHUFFLES FWD, 2 SHUFFLES TURNING FULL TURN LEFT
1&2,3&4 Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L
5&6 Turn $\frac{1}{4}$ left stepping side R, step L next to R, turn $\frac{1}{4}$ left stepping back R
7&8 Turn $\frac{1}{4}$ left stepping side L, step R next to L, turn $\frac{1}{4}$ left stepping fwd L
hands: On count 5 release left hands and bring right hands over lady
On count 6 release right hands and bring left hand over lady
On count 8 pick up left hands.
- 25-32 ROCK, $\frac{1}{4}$ TURN, SHUFFLE SIDE, WEAVE (BLOD)
1,2 Rock fwd R, replace weight L
3&4 Turn $\frac{1}{4}$ right stepping side R, step L next to R, step side R
5-8 Cross step L over R, step side R, cross step L behind R, step side R