

# Run Through Fire

**Choreographer:** Angela Boaz

**Phone Number:** 714-329-8798

**Download:** Amazon, iTunes **Time as downloaded:** 3:05

**Rhythm - Phase:** Rumba - Phase IV + 1 [Cuddle]

**Sequence:** Intro-A-B-C-A-B-C-Ending

**Email:** Angela.Boazrd@gmail.com

**Song:** Run Through Fire

**Album - Artist:** Run Through Fire [single] - Pink Sweat\$

**Released:** June 28, 2024 **Tempo:** - 47 rpm +4.6%

**Footwork:** Opposite Unless Noted

## - INTRODUCTION -

### 1 - 4 HANDSHAKE WALL WAIT ; START a FLIRT ; BACK BASIC ; SLIDING DOOR :

1-2 **{Wait}** Wait 1 meas Handshake WALL Id ft free; **{Start a Flirt}** Fwd L, rec R, sd L (*W bk R, fwd L, fwd R trng ½ LF*), - Varsouvienne WALL;  
QQS  
QQS 3-4 **{Bk Bas}** Bk R, rec L, fwd R, -; **{Sldg Dr}** Rel R hnds sd L, rec R, XLif rel L hnds (*W sd R, rec L, XRif Xif of M*), -;

### 5 SLIDING DOOR LADY TURN to CP WALL :

QQS 5 **{Sldg Dr Lady Trn to CP WALL}** Jn Id hnds sd R, rec L, cl R (*W sd L, rec R trn ½ RF, sd L*), - CP WALL;

## - Part A -

### 1 - 4 CROSS BODY to LOP LOD ; ; 2 SLOW HIP ROCKS ; ALTERNATIVE BASIC LADY CIRCLE to LOP-FCG LOD :

QQS 1-2 **{X Bdy to LOP LOD}** Fwd L, rec R, trn ¼ LF sd L (*W bk R, rec L, fwd R*), -; Bk R, fwd L, trn ¼ LF sd R (*W fwd L, fwd R trn ¾ LF, sd L*), - LOP LOD;  
QQS  
SS 3-4 **{2 Slo Hip Rks}** Rk L w/ hip roll sd & bk, -, rec R w/ hip roll sd & bk, -; **{Alternative Bas Lady Circ to LOP-FCG LOD}** Cl L, sip R, sd L, - (*W circ CW fwd R, fwd, L, fwd R, swvl on R fc RLOD*) to LOP-FCG LOD;

### 5 - 8 BACK BASIC FACE RLOD LADY CIRCLE WITH CARESS FACE PARTNER ; BOLERO WHEEL 3 FACE WALL ; SIDE ROCK 3 to LCP ; REVERSE UNDERARM TURN in 4 to LCP WALL :

QQS 5-6 **{Bk Bas Fc RLOD Lady Circ w/ Caress Fc Ptr}** Bk R, rec L plc W's R hnd on M's R shldr, fwd R swvl ½ LF fc RLOD (*W fwd arnd M L, R, L while brushg R hnd acrs to M's L shldr fc COH, swvl RF fc ptr*); **{BL Whl 3 Fc WALL}** To BL BJO Whl fwd L, R, L, - to fc WALL;  
QQS  
QQS 7-8 **{Sd Rk 3 to LCP}** Rollg hips sd & bk sd R, rec L, rec R, jn Id hnds LCP WALL ;  
QQQQ **{Rev Undrm Trn in 4 to LCP WALL}** XLif, rec R, sd L, cl R (*W swvlg ¼ LF fwd R, trng ½ LF rec L, trng ¼ LF sd R, cl L*) to LCP WALL;

## - Part B -

### 1 - 4 PROGRESSIVE CUCARACHA twice ; ; ½ BASIC to BFLY ; CRAB WALK 3 BFLY WALL:

QQS 1-2 **{Prog Cuca twice}** Sd L w/partial wgt, rec R, fwd L, -; Sd R w/partial wgt, rec L, fwd R, -;  
QQS  
QQS 3-4 **{½ Bas to BFLY}** Fwd L, rec R, sd L, - BFLY; **{Crb Wik 3 BFLY WALL}** XRif (*W XLif*), sd L, XRif (*W XLif*), - BFLY WALL;

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## - Part B [cont] -

- 5 - 8**     **SYNCOPATED VINE 5 ; AIDA LINE SYNCOPATED ROCK 3 to FACE BFLY WALL ; SIDE WALK 3 ; FORWARD BASIC LADY HAND to CHEST ;**
- QQ&QQ     5-6     {**Sync Vin 5**} Sd L, XRib (*W XLib*)/sd L, thru R, sd L; {**Aida Line Sync Rk 3 to Fc BFLY WALL**} Trn RF Bk-Bk "V" Pos bk R, -/rk fwd L, rec R, rec L to BFLY WALL;
- S&QQ
- QQS         7-8     {**Sd Wik 3**} Sd R, cl L, sd R, -; {**Fwd Bas Lady Hnd to Chest**} Fwd L, rec R, bk & sd L trng
- QQS         1/8 RF to fc DRW w/ L sldr ld (*W plc R hnd on M's chest*), -;
- 9 - 12**     **SLOW ROCK 2 ; HOCKEY STICK ENDING to BFLY SCAR DRW ; DEVELOPE ; BACK SIDE CLOSE to BFLY WALL ;**
- SS         9-10     {**Slo Rk 2**} Twd DLC Rk fwd R, -, rec L, -; {**Hky Stk Ending to BFLY SCAR DRW**} Bk R, fwd L,
- QQS         fwd R (*W swvl LF to fc DRW fwd L, fwd R trng 1/2 LF fc ptr, sd & bk L*), - BFLY SCAR DRW ;
- S - -         11-12 {**Develope**} Fwd L outsd ptr, -, - (*W bk R, bring L ft up R leg to insd R knee, extend L ft fwd*), -;
- QQS         {**Bk Sd Cl to BFLY WALL**} Bk R fc WALL, sd L, cl R, - BFLY WALL;

## - Part C -

- 1 - 4**     **CUCARACHA CROSS ; ROCK 3 LADY ROCK to FACE LOD & UNDER to FAN ; HOCKEY STICK to BFLY DRW ; ;**
- QQS         1-2     {**Cucaracha Cross**} Sd L w/partial wgt, rec R, XLif (*W XRif*), -; {**Rk 3 Lady Rk to Fc LOD & Undr to Fan**} Rk sd R, rec L, rec R (*W swvl 1/4 RF bk L, undr jn ld hnds rec R, fwd L swvl 1/2 RF to fc RLOD*), -;
- QQS
- QQS         3-4     {**Hockey Stick to BFLY**} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Bk R, rec L, fwd R following W (*W fwd L, fwd R undr jn ld hnds trn 5/8 LF fc ptr, sd & bk L*), - BFLY DRW;
- 5 - 8**     **1/2 BASIC to WRAP M TOUCH FACE WALL ; SIDE ROCK 3 ; BACK BASIC POINT SIDE LADY UNWRAP to BFLY ; FENCE LINE to CP ;**
- QQ-(QQS) 5-6     {**1/2 Bas to WRP M Tch fc WALL**} Fwd L, rec R trng 1/8 LF, tch L (*W bk R, fwd L trng 5/8 LF to WRP, sd & bk R*), - WRP WALL; {**Sd Rk 3**} Rollg hips sd & bk sd L, rec R, rec L, -;
- QQS
- QQ-(QQS) 7-8     {**Bk Bas Pt Sd Lady Unwrp to BFLY**} Bk R, rec L, pt R twd RLOD (*W bk R, rec L, fwd R trng 1/2 RF*), - BFLY WALL; {**Fnc Line to CP**} X lun thru R, rec L, sd R, - CP WALL;
- QQS

## - Part A -

- 1 - 8**     **CROSS BODY to LOP LOD ; ; 2 SLOW HIP ROCKS ; ALTERNATIVE BASIC LADY CIRCLE to LOP-FCG ; BACK BASIC FACE RLOD LADY CIRCLE WITH CARESS FACE PARTNER ; BOLERO WHEEL 3 FACE WALL ; SIDE ROCK 3 to LCP ; REVERSE UNDERARM TURN IN 4 to LCP WALL ;**
- 1-8     Rpt Part A, Meas 1-8,,,,,,,,,,,,;

## - Part B -

- 1 - 12**     **PROGRESSIVE CUCARACHA twice ; ; 1/2 BASIC to BFLY ; CRAB WALK 3 ; SYNCOPATED VINE 5 ~ AIDA LINE ~ SYNCOPATED ROCK 3 to FACE BFLY WALL ; ; SIDE WALK 3 ; FORWARD BASIC LADY HAND to CHEST ; SLOW ROCK 2 ; HOCKEY STICK ENDING to BFLY SCAR DRW ; LADY DEVELOPE ; BACK SIDE CLOSE to BFLY WALL ;**
- 1-12     Rpt Part B, Meas 1-12,,,,,,,,,,,,;

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## - Part C -

**1 - 8**    **CUCARACHA CROSS ; LADY ROCK to FACE LOD & UNDER to FAN ; HOCKEY STICK to BFLY DRW ; ; ½ BASIC to WRAP M TOUCH FACE WALL ; SIDE ROCK 3 ; BACK BASIC POINT SIDE LADY UNWRAP to BFLY ; FENCE LINE to LOP-FCG WALL ;**

1-8    Rpt Part C, Meas 1-8 to LOP-FCG WALL,,,,,,,,;

## - ENDING -

**1 - 4**    **ALEMANA CP WALL ; ; CUDDLE to a CUDDLE CORTE ; HIP ROCK 3 ;**

QQS    1-2    **{Alemana CP WALL}** Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swvl slightly RF*), -; Bk R, rec L, sd R (*W fwd L trn RF undr jnd ld hnds, fwd R trn RF fc ptr, sd L*), - CP WALL ;

QQS    3-4    **{Cuddle to a Cuddle Corte}** Sd L, rec R, bk & sd L lower on L knee (*W trng up to ½ RF bk R, comm LF trn rec L, comp trn fwd & sd R*), - Cuddle Pos; Twd DRW sd & fwd R, rec L, rec R, -;

**5**    **CORTE ;**

S    5    **{Corte}** Bk & sd L lower on L knee, -, -, - Cuddle Pos ;

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## Quick Cues

### INTRO: (5 MEAS)

WAIT ; START A FLIRT ; BK BAS ; SLDNG DR TWICE LADY TRN TO CP WALL ; ;

### PART A: (8 MEAS)

X BDY TO LOP LOD ; ; 2 SLO HIP RKS ; ALTERNATIVE BAS LADY CIRC TO LOP-FCG ; BK BAS FC RLOD  
LADY CIRC W/ CARESS TO BOLERO BJO ; WHL 3 TO FC WALL ; SD RK 3 LCP ; REV UNDRM TRN IN 4 TO  
LCP WALL ;

### PART B: (12 MEAS)

PROG CUCA TWICE ; ; ½ BAS TO BFLY ; CRB WLK 3 ; SYNC VIN 5 ~ AIDA LINE ~ SYNC RK 3 TO FC BFLY  
WALL ; ; SD WLK 3 ; FWD BAS LADY HND TO CHEST ; SLO RK 2 ; HKY STK ENDING TO BFLY SCAR ;  
DEVELOPE ; BK SD CL TO BFLY WALL ;

### PART C: (8 MEAS)

CUCA X ; LADY RK TO FC LOD & UNDR TO FAN ; HKY STK TO BFLY ; ; ½ BAS TO WRP M TCH FC WALL ; SD  
RK 3 ; BK BAS PT SD LADY UNWRP TO BFLY ; FNC LINE CP ;

### PART A: (8 MEAS)

X BDY TO LOP LOD ; ; 2 SLO HIP RKS ; ALTERNATIVE BAS LADY CIRC TO LOP-FCG ; BK BAS FC RLOD  
LADY CIRC W/ CARESS TO BOLERO BJO ; WHL 3 TO FC WALL ; SD RK 3 LCP ; REV UNDRM TRN IN 4 TO  
LCP WALL ;

### PART B: (12 MEAS)

PROG CUCA TWICE ; ; ½ BAS TO BFLY ; CRB WLK 3 ; SYNC VIN 5 ~ AIDA LINE ~ SYNC RK 3 TO FC BFLY  
WALL ; ; SD WLK 3 ; FWD BAS LADY HND TO CHEST ; SLO RK 2 ; HKY STK ENDING TO BFLY SCAR ;  
DEVELOPE ; BK SD CL TO BFLY WALL ;

### PART C: (8 MEAS)

CUCA X ; LADY RK TO FC LOD & UNDR TO FAN ; HKY STK TO BFLY ; ; ½ BAS TO WRP M TCH FC WALL ; SD  
RK 3 ; BK BAS PT SD LADY UNWRP TO BFLY ; FNC LINE LOP-FCG ;

### ENDING: (5 MEAS)

ALEMANA ; ; CUDDLE TO A CUDDLE CORTE ; HIP RK 3 ; CORTE ;