

# Run For Cover

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Sherry Boatright (USA) - January 2017

Musik: Run for Cover - Sonja Grier



**Intro: 32 counts after 3 beats following the monologue**

**Tag: 32 count Tag at the beginning of wall seven, facing 6:00**

## **Section 1: Walk Forward, Heel, Walk Back, Coaster**

1-4 Walk forward RLR, left heel forward

5-6 Walk Back LR

7&8 Step L back, R back, L forward

## **Section 2: Rock Forward, Triple Back x 2, Rock Back**

1-2 Rock R forward, recover L

3&4 Triple back RLR (alternative: Sailor Steps back)

5&6 Triple back LRL (alternative: Sailor Steps back)

7-8 Rock back on R recover on L

## **Section 3: Toe Heel hip Bumps Forward x 2, ¼ Jazz Box Turn to R**

1&2 R toe forward, bump R hip to the R, heel down

3&4 L toe forward, bump L hip to the L, L heel down

5-8 Cross R over L, step back on L, step R to R side making ¼ turn R, Step L slightly forward

## **Section 4: Out Out ( V step ) , In In, Step, Chest Pops**

1-4 Step R diagonally forward, step L to L side, step R diagonally back, Step L together

5 Step R to R side

6-7-8 Pop Chest out x 3

## **TAG: 32 ct Tag: facing 6:00 on wall 7**

1-4 Walk forward RLR, kick left forward

5-8 Walk back LRL, touch R beside L

**Repeat 2 more times for 24 counts.**

1-4 step R diagonally forward, step L to L side, step R diagonally Back, step L together

5 step R to R side

6-7-8 Pop Chest x 3

**Start Again ....**

**Contact: [duckcreek@bellsouth.net](mailto:duckcreek@bellsouth.net)**