

Run For Your Life

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Linda Francis (USA) - March 2018

Music: Cowboy Casanova - Carrie Underwood



Begin on lyrics

RIGHT AND LEFT LOCK STEPS, RIGHT ROCK STEP, COASTER STEP

- 1&2 Step right forward, cross left behind, step right forward
3&4 Step left forward, cross right behind, step left forward
5-6 Rock right forward, recover on left foot.
7&8 Step right foot back, step left beside right, step right forward

PIVOT ¼ TURN, CROSS SHUFFLE, ROCK & CROSS, ROCK & CROSS

- 1-2 Step forward on left, make ¼ turn R, place weight on right
3&4 Cross shuffle left-right-left
5&6 Rock right out to right, recover on left, cross right over left
7&8 Rock left out to left, recover on right, cross left over right

ROCK STEP, HITCH BACK, HITCH BACK, BACKWARDS ROCKING CHAIR

- 1-2 Rock right foot forward, recover on left
&3&4 Hitch right, step right back, hitch left, step back on left
5-6 Rock right back, recover on left
7-8 Rock right forward, recover on left

KICK RIGHT FORWARD, SIDE, ¼ SAILOR, KICK LEFT FORWARD, SIDE ¼ SAILOR

- 1-2 Kick right foot forward then side
3&4 Make ¼ turn R stepping right behind left, left to left, right beside left(6:00)
5-6 Kick left foot forward then side
7&8 Make ¼ turn L stepping left behind right, right to right, left beside right(3:00)

TAG: After wall 4 facing 12:00

- 1-8 Rock right forward, recover on left, sway forward and back right-left-right-left

9-16 Repeat 1-8

1-8 End Tag with the last 8 counts of main dance(kicks, ¼ turn sailors)

Contact: gottadancetothat@gmail.com