

# EZ Running

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 16

**Wall:** 2

**Level:** Easy Beginner

**Choreographer:** Betty Lee (CAN) - December 2018

**Music:** Running - James Bay



**Intro: 32 counts**

**SECTION 1: R NIGHTCLUB BASIC, SIDE, STEP-LOCK-STEP, FORWARD ROCK, BACK-LOCK-BACK**

1, 2&3      Big step R to R side (1), Rock back on L (2), Recover onto R (&), Step L to L side (3)  
4&5      Step Fwd R, Lock step L behind R, Step Fwd R  
6,7      Rock step Fwd on L, Recover onto R  
8&1      Step back L, Lock step R in front of L, Step back L

**SECTION 2: SWAY R-L, R COASTER, STEP, PIVOT ½ R, STEP**

2,3      Step R to R side swaying hips to R, Sway hips to L (weight onto L)  
4&5      Step back R, Step L next to R, Step Fwd R  
6,7,8      Step fwd L, Pivot ½ turn R weight onto R, Step Fwd L (6:00)

**REPEAT**

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