

Runnin' For My Life

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Pat Newell (USA) - 4 November 2020

Music: Bye Bye Boogie - Tomson & Parish



Patio Dancing 2020

#8 ct in

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER TO 1/4 WALL RIGHT 3:00

1&2 3-4 Triple right, rock back on left, recover on right

5&6 7-8 Triple left, rock back on Right, recover to 1/4 wall right step on left 3:00

HEEL STAND, HEEL STAND RIGHT CURTSY, LEFT HEEL STAND

1-4 Right heel fwd, step on right, left heel fwd, step on Left

5-8 Touch Right behind L, step on right, left heel fwd, step on left

STEP RIGHT, TOUCH LEFT TOUCH, 2 1/4 PIVOTS LEFT

1-4 Step right, touch left beside right, step left, touch right beside left

5-8 Step fwd on right, pivot 1/4 left, step fwd on right, pivot 1/4 left 9:00

WALK BACK WAVING GOODBYE, STEP LOCK STEP TOUCH

1-4 Walk back right, left, right, touch left (wave goodbye)

5-8 Step fwd on left, lock right behind left, step fwd on left, touch right

No Tags No Restarts

Dance for the health of it.
