

Young Hearts Run Free

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Ruth Logdat (USA) - March 2023

Music: Young Hearts Run Free - Candi Staton



Intro: Start on lyrics

KICK-AND-CROSS, SIDE TOUCH, KICK-AND-CROSS, SIDE TOUCH

- 1&2 Kick R forward, step R together, cross L over
- 3-4 Step R side, touch L together
- 5&6 Kick L forward, step L together, cross R over
- 7-8 Step L side, touch R together

ANGLED FORWARD TOUCH AND STEP BACK ROUTINE

- 1 Turn diagonally to left and touch R forward
- 2 Square up and step R together
- 3 Turn diagonally to right and touch L forward
- 4 Square up and step L together
- 5-8 Repeat steps 1-4

SKATE-SKATE-SHUFFLE, SKATE-SKATE-SHUFFLE

- 1-2 Step R forward to right, step L forward to left
- 3&4 Shuffle RLR in place
- 5-6 Step L forward to left, step R forward to right
- 7&8 Shuffle LRL in place

STEP-TURN, FWD SHUFFLE, STEP-TURN, CROSS SHUFFLE

- 1-2 Step R forward, pivot 1/2 left
- 3&4 Shuffle forward RLR
- 5-6 Step L forward, pivot 1/4 right
- 7&8 Cross shuffle LRL

REPEAT

TAG & RESTART

On Wall 3 and Wall 8, dance the first two Sections (16 C), add

- 1-2 Step R forward, pivot 1/2 left
- 3-4 Step R forward, pivot 1/2 left

Restart

On Wall 11, dance the first two sections (16C), restart.

Stepsheet by Roly Ansano, rolando.ansano@gmail.com