

# Run Free

**COPPER**KNOB  
BY STEPHENETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Mike Belk (UK)

Music: Young Hearts Run Free (7-inch Radio Edit) (feat. Hannah Jones) - Respect



## ROCK LEFT RECOVER RIGHT, LEFT SAILOR ¼ TURN LEFT, WALK RIGHT LEFT, RIGHT SHUFFLE

- 1-2 Rock on left, recover onto right
- 3&4 Step left behind right, step on right to right side turning ¼ left, step left to left side
- 5-6 Walk forward right, left
- 7&8 Step forward on right, step forward left, step forward on right

## CROSS LEFT RECOVER RIGHT, ¼ TURN LEFT CHASSE LEFT, RIGHT BEHIND LEFT TURN ¼ LEFT STEP LEFT, RIGHT HEEL BALL CROSS

- 1-2 Cross left over right, recover onto right
- 3&4 Step left to left turning ¼ turn left, step right next to left, step left to left side
- 5-6 Step right behind left, turn ¼ left stepping onto left
- 7&8 Touch right heel forward, step back onto right, cross step left over right

Tag & restart here on 2nd & 6th walls

## BACK RIGHT LOCK, BACK RIGHT LOCK BACK, ROCK BACK LEFT RECOVER RIGHT, HEEL SWITCHES LEFT & RIGHT

- 1-2 Step back on right, step back left crossing right
- 3&4 Step back right, step back left crossing right, step back right
- 5-6 Rock back on left, recover forward onto right
- 7&8 Touch left heel forward, step back onto left, touch right heel forward

## BACK RIGHT LEFT SHUFFLE, ROCK FORWARD RIGHT RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT SAILOR TURNING ¼ RIGHT

- &1-2 Step back onto right, step forward left, step forward right, step forward left
- 3-4 Rock forward right, recover onto left
- 5&6 Step back on right, step back on left, step back on right
- 7&8 Step left behind right, step right to right side turning ¼ right, step left to left side

## POINT RIGHT POINT LEFT, & RIGHT HEEL BALL CROSS, ROCK RIGHT RECOVER LEFT, RIGHT COASTER STEP

- 1&2 Point right toe to right side, step right in place, point left toe to left side
- &3&4 Step left in place, touch right heel forward, step back onto right, cross step left over right
- 5-6 Rock right to right side, recover onto left
- 7&8 Step back onto right, step back onto left, step forward onto right

## STEP LEFT SIDE TOGETHER, CHASSE LEFT, ROCK BACK RIGHT RECOVER FORWARD LEFT, RIGHT KICK BALL TOUCH

- 1-2 Step left to left side, step right next left
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Rock back on right, recover forward onto left
- 7&8 Kick right forward, step back onto right, touch left toe at side of right

Restart here on 4th wall

## CROSS LEFT UNWIND ½ TURN RIGHT, RIGHT CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT, BEHIND LEFT SIDE RIGHT CROSS LEFT

- 1-2 Cross left over right, unwind ½ turn right (keep weight on left)
- 3&4 Cross right over left. Step left to left side, cross right over left

5-6 Rock left to left side, recover onto right  
7&8 Step left behind right, step right to right side, cross left over right

**¼ TURN LEFT ¼ TURN LEFT, CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT ¼ TURN LEFT, LEFT KICK BALL CROSS**

1-2 Step back on right turning ¼ left, step left to left side turning ¼ left  
3&4 Cross right over left, step left to left side, cross right over left  
5-6 Rock left to left side, recover onto right turning ¼ left  
7&8 Kick forward on left, step back on left, cross right over left

**REPEAT**

**RESTART**

On 2nd wall after 16 counts, tag then restart

On 4th wall after 48 counts restart no tag

On 6th wall after 16 counts tag then restart

**TAG**

**ROCK FORWARD RIGHT RECOVER LEFT, RIGHT COASTER STEP**

1-2 Rock forward right, recover onto left  
3&4 Step back right, step back left, step forward right

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