

# Running Scared

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Clare Bull (UK) - May 2011

**Music:** Running Scared - Ell & Nikki : (Album: Eurovision Song Contest Dusseldorf 2011 - Eurovision 2011 - Azerbaijan)



## INTRO : 32 COUNTS

### CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

- 1,2 Cross right over left, step left to left side  
3&4 Step right behind left, step left to left side, step right to right side  
5,6 Cross left over right, step right to right side  
7&8 Step left behind right, step right to right side, step left to left side

### CROSS, BACK & CROSS SIDE, CROSS ROCK, FULL ROLLING TURN

- 1,2 Cross right over left, step back on left  
&3,4 Step right to right side, cross left over right, step right to right side  
5,6 Cross rock left over right, recover on right  
7&8 Turn 1/4 left stepping on left, turn 1/2 left stepping back on right, turn 1/4 left stepping left to left side

### FWD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS SHUFFLE

- 1,2 Rock fwd on right, recover on left  
3,4 Rock right to right side, recover on left  
5,6 Step right behind left, step left to left side  
7&8 Cross right over left, step left to left side, cross right over left

### TURN 1/4 LEFT, STEP, STEP 1/2 STEP, TRIPLE TURN, COASTER STEP

- 1,2 Turn 1/4 left stepping fwd on left, step fwd on right  
3&4 Step fwd on left, make a 1/2 turn right stepping fwd on right, step fwd on left  
5&6 Full triple turn left stepping right left right  
7&8 Step back on left, step right next to left, step fwd on left

**ENDING ; TO FINISH FRONT DANCE UP TO STEP 22 ON WALL 7 AND REPLACE 23 & 24 WITH A SAILOR 1/2 TURN**

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