

# Run For Your Life

**COPPER** **KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Low Intermediate

**Chorégraphe:** Linda Francis (USA) - March 2018

**Musique:** Cowboy Casanova - Carrie Underwood



## Begin on lyrics

### **RIGHT AND LEFT LOCK STEPS, RIGHT ROCK STEP, COASTER STEP**

- 1&2 Step right forward, cross left behind, step right forward  
3&4 Step left forward, cross right behind, step left forward  
5-6 Rock right forward, recover on left foot.  
7&8 Step right foot back, step left beside right, step right forward

### **PIVOT ¼ TURN, CROSS SHUFFLE, ROCK & CROSS, ROCK & CROSS**

- 1-2 Step forward on left, make ¼ turn R, place weight on right  
3&4 Cross shuffle left-right-left  
5&6 Rock right out to right, recover on left, cross right over left  
7&8 Rock left out to left, recover on right, cross left over right

### **ROCK STEP, HITCH BACK, HITCH BACK, BACKWARDS ROCKING CHAIR**

- 1-2 Rock right foot forward, recover on left  
&3&4 Hitch right, step right back, hitch left, step back on left  
5-6 Rock right back, recover on left  
7-8 Rock right forward, recover on left

### **KICK RIGHT FORWARD, SIDE, ¼ SAILOR, KICK LEFT FORWARD, SIDE ¼ SAILOR**

- 1-2 Kick right foot forward then side  
3&4 Make ¼ turn R stepping right behind left, left to left, right beside left(6:00)  
5-6 Kick left foot forward then side  
7&8 Make ¼ turn L stepping left behind right, right to right, left beside right(3:00)

### **TAG: After wall 4 facing 12:00**

- 1-8 Rock right forward, recover on left, sway forward and back right-left-right-left  
9-16 Repeat 1-8  
1-8 End Tag with the last 8 counts of main dance(kicks, ¼ turn sailors)

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