

# Runnin' For My Life

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Pat Newell (USA) - 4 November 2020

**Musique:** 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.**

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