

# Young Hearts Run Free

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Ruth Logdat (USA) - March 2023

**Musique:** 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 SUFFLE, 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.**

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