

Run Free

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Chris Watson (AUS)

Musique: Young Hearts Run Free - Candi Staton

SIDE ROCK CROSS, SIDE ROCK CROSS, ROCK FORWARD AND BACK, ½ TURN SHUFFLE

- 1&2&3&4 Rock right to right side, replace weight onto left, cross right over left take weight onto right, rock left to left side, replace weight to right, cross left over right, take weight to left foot
- 5-6-7&8 Rock forward onto right, rock back onto left, doing a ½ turn via your right then shuffle forward right-left-right

SIDE ROCK CROSS, SIDE ROCK CROSS, ROCK FORWARD AND BACK, ½ TURN SHUFFLE

- 1&2&3&4 Rock left to left side, replace weight onto right, cross left over right taking weight onto left, rock right to right side, replace weight to left, cross right over left taking weight to right foot
- 5-6-7&8 Rock forward onto left, rock back onto right, doing a ½ turn via your left then shuffle forward left-right-left

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

- 1-2-3&4 Kick rock right to right side, rock back to center, step right foot behind left, step left foot to left side, cross right over left
- 5-6-7&8 Side rock left to left side, rock back to center, step left foot behind right foot, step right to right side and cross left foot over right

ROCK FORWARD, ROCK BACK ¾ QUARTER TRIPLE STEP TURN VIA RIGHT, ROCK FORWARD, ROCK BACK, COASTER STEP

- 1-2-3&4 Rock forward onto right, rock back onto left, doing a ¾ turn via your right triple step (stepping right, left right)
- 5-6-7&8 Rock forward onto left, back onto right, step left foot back, step right beside left, step left foot forward (coaster step)

SYNCOPATED EXTENDED VINE, LEFT SAILOR, RIGHT SAILOR

- 1-2&3-4 Step right to right side, step left behind right, step right to right side and left over right, step right to right side
- 5&6-7&8 Step left behind right, step right to right side, step back onto left (left sailor) step right behind left, step left to left side, step back onto right (right sailor)

ROCK BACK, REPLACE, SYNCOPATED VINE TO THE LEFT, RIGHT SAILOR

- 1-2-3-4 Rock back onto left and forward onto right, step left to left side and right behind left
- &5-6-7&8 Step left to left side and right across in front of left, step left to left side, step right behind left, left to left side and replace weight to right (right sailor)

LEFT SAILOR, ROCK BACK AND FORWARD, SKATE, SKATE, FORWARD MAMBO

- 1&2-3-4 Step left behind right, right to right side and rock back onto left (left sailor), rock back onto right and forward onto left!
- 5-6-7&8 Skate forward right then left. Rock forward onto right, rock back onto left and step right together

WALK BACK LEFT, RIGHT, ROCK BACK AND FORWARD, ½ PIVOT, ½ TURN PIVOT

- 1-2-3-4 Walk back left, then walk back right, rock back onto left and forward onto right
- 5-6-7-8 Step forward onto left, pivot ½ turn via your right, taking weight onto your right, do a ½ turn triple step via your left stepping left-right-left

REPEAT

Restart

On wall 2 & 5 dance up to count 20 and instead of stepping right over left, touch right together and start again

On wall 8 dance up to count 24 and restart
