

# Live And Run

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner / Improver  
编舞者: JMP (KOR) - September 2016  
音乐: Sali Go Dali Go (살리고 달리고) - Kim Jong Min (김종민)



Restart : On Wall 4 Restart after 16 counts (9:00)

Dance start after a 16 count Intro

## S1. WALK X3 , TOUCH , WALK BACK X3 , TOUCH

1-4                      Step R forward, Step L forward, Step R forward, Touch L to side

5-8                      Step L back, Step R back, Step L back, Touch R to side

(Hand gesture – In front of the chest, cross the forward from the back of your right hand and roll 3 times and 1 clap)

## S2. WALK X3 , HITCH , WALK BACK X3 , HITCH

1-4                      Step R forward, Step L forward, Step R forward, Hitch L

5-8                      Step L back, Step R back, Step L back, Hitch

(Hand gesture – 4 count stretches right-hand chest forward,  
The left hand extends all the way to the side, 8 count stretches left-hand chest forward, The right hand extends all the way to the side)

\*Restart – On Wall 4 after 16 counts

## S3. STEP FORWARD, TOUCH X4

1-4                      Step R forward, Touch L to side, Step L forward, Touch R to side

5-8                      Step R forward, Touch L to side, Step L forward, Touch R to side

(Hand gesture – Bend both hands up and down bend at right angles)

## S4. ZAZZ BOX 1/4 TURN RIGHT , WALKING ON THE SPOT

1-4                      Cross R over left, Step L back, Step R forward, Turn 1/4 right and step L together

5-8                      Step R right, Step L in place, Step L left, Step R in place

(Bring your body up and down, Hand movements in front of left chest, Fold it up and down the right hand)

Ending : Wall 12 after 16counts Taps R 3/4 turn left Step Hitch (12:00)

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