

# Run Free

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Easy Improver  
编舞者: Lynn Antonucci (USA) - February 2017  
音乐: Young Hearts Run Free - Gloria Estefan



## Introduction: 24 Counts

### ROCK R FWD, REC L, R SIDE SHUFFLE, L ROCK BACK, REC R, L KICK BALL, TOUCH R

- 1 – 2      Rock Right Fwd, Recover Left 12:00
- 3 & 4      Shuffle Right To Right Side (RLR)
- 5 – 6      Rock Left Back, Recover Right
- 7 & 8      Kick Left Forward, Step on Left, Touch Right Toe Next To Left

### STEP R FWD, PIVOT L ¼ TURN L, SHUFFLE R FWD, L OVER R JAZZ BOX, CROSS R OVER L

- 1 – 2      Step Right Forward, Pivot Left ¼ Turn Left 3:00
- 3 & 4      Shuffle Right Forward (RLR)
- 5 – 8      Step Left Over Right, Step Right Back, Step Left To Left Side, Cross Right Over Left

### SHUFFLE L TO L SIDE, ROCK R BACK, REC L, STEP R FWD, STEP L ¼ TURN L, WALK R FWD, WALK L FWD

- 1 & 2      Shuffle L To Left Side (LRL)
- 3 – 6      Rock Right Back, Recover Left, Step R Forward, Pivot L ¼ Turn L 6:00
- 7 - 8      Walk Forward Right, Walk Forward Left

### SHUFFLE R TO R SIDE, ROCK L BACK, REC R, ROCK R FWD, REC R, L BACK COASTER STEP

- 1 & 2      Shuffle Right To Right Side (RLR)
- 3 – 4      Rock Left Back, Recover Right
- 5 – 6      Rock Left Forward, Recover Right
- 7 & 8      Step Back On Left, Step Back On Right, Step Forward On Left

## Repeat and Enjoy

### RESTARTS:-

Start Wall 3 Facing 12:00, Dance 1st 20 Counts, Restart Facing 3:00

Start Wall 8 Facing 9:00, Dance 1st 20 Counts, Restart Facing 6:00

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