

# Run For Your Life

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Linda Francis (USA) - March 2018  
音乐: Cowboy Casanova - Carrie Underwood



## Begin on lyrics

### RIGHT AND LEFT LOCK STEPS, RIGHT ROCK STEP, COASTER STEP

1&2      Step right forward, cross left behind, step right forward  
3&4      Step left forward, cross right behind, step left forward  
5-6      Rock right forward, recover on left foot.  
7&8      Step right foot back, step left beside right, step right forward

### PIVOT ¼ TURN, CROSS SHUFFLE, ROCK & CROSS, ROCK & CROSS

1-2      Step forward on left, make ¼ turn R, place weight on right  
3&4      Cross shuffle left-right-left  
5&6      Rock right out to right, recover on left, cross right over left  
7&8      Rock left out to left, recover on right, cross left over right

### ROCK STEP, HITCH BACK, HITCH BACK, BACKWARDS ROCKING CHAIR

1-2      Rock right foot forward, recover on left  
&3&4      Hitch right, step right back, hitch left, step back on left  
5-6      Rock right back, recover on left  
7-8      Rock right forward, recover on left

### KICK RIGHT FORWARD, SIDE, ¼ SAILOR, KICK LEFT FORWARD, SIDE ¼ SAILOR

1-2      Kick right foot forward then side  
3&4      Make ¼ turn R stepping right behind left, left to left, right beside left(6:00)  
5-6      Kick left foot forward then side  
7&8      Make ¼ turn L stepping left behind right, right to right, left beside right(3:00)

### TAG: After wall 4 facing 12:00

1-8      Rock right forward, recover on left, sway forward and back right-left-right-left  
  
9-16      Repeat 1-8  
  
1-8      End Tag with the last 8 counts of main dance(kicks, ¼ turn sailors)

Contact: [gottadancetothat@gmail.com](mailto:gottadancetothat@gmail.com)