

We Run (P)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 0 级数: Easy Intermediate Pattern Partner
编舞者: Jill Weiss (USA) & Kevin Fritch - August 2022
音乐: Run - Storm & Stone



Intro: 16 Counts

Start facing line of dance in sweetheart (cape) position, Same footwork throughout

SECTION 1: TOE HEEL STOMP 2X, WALK R L, SHUFFLE FORWARD R-L-R

- 1&2 Touch R toe next to L (turn in R knee), touch R heel next to L (turn R knee out), stomp R foot in front of L
- 3&4 Touch L toe next to R (turn in L knee), touch L heel next to R (turn L knee out), stomp L foot in front of R
- 5-6-7&8 Step forward R, step forward L, shuffle forward stepping R, L next to R, forward on R

SECTION 2: WALK L R, SHUFFLE FORWARD L-R-L, ROCK REPLACE COASTER STEP

- 1-2 3&4 Step forward L, step forward R, shuffle forward stepping L, R next to L, forward on L
- 5-6 7&8 Rock forward on R, replace back to L, step back on R, step L back next to R, step forward on R

SECTION 3&4: REPEAT SECTIONS 1 & 2 USING EXACTLY OPPOSITE FEET STARTING WEIGHT ON R, ENDING ON L

(CHOR NOTE: SECTIONS 5-6-7-8 BRING THE PARTNERS IN A COMPLETE ROTATION LEFT BACK TO LOD)

SECTION 5: STEP PIVOT ¼ LEFT, CROSSING SHUFFLE, SIDE ROCK, WEAWE RIGHT

- 1-2 Step forward on R, pivot ¼ left (Lady is now behind Man, both facing ILOD, bring right arms out to right, release left hands and rejoin, extend L arms out to L)
- 3&4 Cross R in front of L, step L to left, cross R in front of L
- 5-6 Step L rocking to left, replace R
- 7&8& Step L behind R, step R to right, step L in front of R, step R to right

SECTION 6: ROCK BACK REPLACE, SHUFFLE ¼ L, HEEL & HEEL & HEEL STOMP STOMP

- 1-2 Rock back on L, replace weight forward to R (begin ¼ turn L)
- 3&4 Shuffle ¼ L stepping L forward, R next to L, L forward (facing BLOD, partners are now side by side with his left arm in front of her and her R arm behind him)
- 5&6&7&8 Tap R heel forward, step on R, tap L heel forward, step on L, tap R heel forward, stomp R foot 2x next to L, keeping weight on L

(CHOR NOTE: SECTIONS 7 & 8 ARE EXACT SAME FOOTWORK AS 5 & 6!)

SECTION 7: STEP PIVOT ¼ LEFT, CROSSING SHUFFLE, SIDE ROCK, WEAWE RIGHT (SAME FOOTWORK AS SECT 5!)

- 1-2 Step forward on R, pivot ¼ left (Man is now behind Lady, both facing OLOD, Bring left arms out to L, release right hands and rejoin, extend R arms out to R)
- 3&4 Cross R in front of L, step L to left, cross R in front of L
- 5-6 Step L rocking to left, replace R
- 7&8& Step L behind R, step R to right, step L in front of R, step R to right

SECTION 8: ROCK BACK REPLACE, SHUFFLE ¼ L, HEEL & HEEL & HEEL STOMP STOMP (SAME FOOTWORK AS SECT 5!)

- 1-2 Rock back on L, replace weight forward to R (begin ¼ turn L)
- 3&4 Shuffle ¼ L stepping L forward, R next to L, L forward (facing LOD, partners are now side by side back in sweetheart position)

5&6&7&8 Tap R heel forward, step on R, tap L heel forward, step on L, tap R heel forward, stomp R foot 2x next to L, keeping weight on L

START AGAIN AND HAVE FUN!

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