

# Young Hearts Run Free

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Ruth Logdat (USA) - March 2023  
音乐: Young Hearts Run Free - Candi Staton



**Intro: Start on lyrics**

## **KICK-AND-CROSS, SIDE TOUCH, KICK-AND-CROSS, SIDE TOUCH**

1&2      Kick R forward, step R together, cross L over  
3-4      Step R side, touch L together  
5&6      Kick L forward, step L together, cross R over  
7-8      Step L side, touch R together

## **ANGLED FORWARD TOUCH AND STEP BACK ROUTINE**

1      Turn diagonally to left and touch R forward  
2      Square up and step R together  
3      Turn diagonally to right and touch L forward  
4      Square up and step L together  
5-8      Repeat steps 1-4

## **SKATE-SKATE-SHUFFLE, SKATE-SKATE-SHUFFLE**

1-2      Step R forward to right, step L forward to left  
3&4      Shuffle RLR in place  
5-6      Step L forward to left, step R forward to right  
7&8      Shuffle LRL in place

## **STEP-TURN, FWD SUFFLE, STEP-TURN, CROSS SHUFFLE**

1-2      Step R forward, pivot 1/2 left  
3&4      Shuffle forward RLR  
5-6      Step L forward, pivot 1/4 right  
7&8      Cross shuffle LRL

**REPEAT**

## **TAG & RESTART**

**On Wall 3 and Wall 8, dance the first two Sections (16 C), add**

1-2      Step R forward, pivot 1/2 left  
3-4      Step R forward, pivot 1/2 left

**Restart**

**On Wall 11, dance the first two sections (16C), restart.**

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