

# Run Free

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Alexis Strong (UK) - April 2023  
音乐: Young Hearts Run Free (2023 Edit) - Candi Staton & Benji La Vida



## NO TAGS OR RESTARTS

### 32 COUNT INTRO

#### [1-8] X3 WALK FORWARD, HITCH, X3 WALK BACK, POINT

1-2            Walk Fwd R (1) Walk Fwd L (2)  
3-4            Walk Fwd R (3) Hitch L (4)  
5-6            Walk Back L (5) Walk Back R (6)  
7-8            Walk Back L (8) Point R To R Side (8) 12:00

#### [9-16] ROLLING GRAPEVINE RIGHT, TOUCH, CHASSE LEFT, ROCK BACK RECOVER

1-2            Turn R, Step On R (1) Step On L (2)  
3-4            Step On R (3) Touch L To R (4) 12:00  
5&6           Step L To L (5) Close R To L (&) Step L To L (6)  
7-8            Rock Back On R (7) Recover Fwd On L (8)

#### [17-24] SIDE ROCK RECOVER, CROSS SHUFFLE, 1/2 HINGE TURN, CROSS SHUFFLE

1-2            Rock R To R (1) Recover On L (2)  
3&4            Cross R Over L (3) Step L To L (&) Cross R Over R (4)  
5-6            Make 1/4 Turn R, Step Back On L (5) Make 1/4 Turn R, Step R To R Side (6) 6:00  
7&8            Cross L Over R (7) Step R To R (&) Cross L Over R (8) 6:00

#### [25-32] x2 STEP TOUCHES, X4 WALKS ROUND 3/4 TURN RIGHT.

1-2            Step R To R (1) Touch L To R (2)  
3-4            Step L To L (3) Touch R To L (4)  
5-6            Walk R (5) Walk L (6)  
7-8            Walk R (7) Walk L (8)

## SMILE & ENJOY

Last Update: 17 Apr 2023

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