

# Running Back (To Your Heart)

**COPPER** **KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - October 2023  
音乐: Back To Your Heart - Delta Goodrem : (Amazon, iTunes, YouTube Music)



Tags: None Restarts: One (During Wall 7)

Start: On Na-na-na-na-na's (Before Main Lyrics) Seconds: 10 Counts: 16 BPM: 104  
Note: Dance Starts Facing 10:30

## STEP BACK, ROCK BACK, RECOVER, LOCK STEP, CROSS, SIDE, BEHIND, STEP, HEEL

1-2-3      Step Diagonally Back On Right, Rock Back On Left, Recover On Right (10:30)  
4&5      On Diagonal Step Forward On Left, Lock Right Behind Left, Step Forward On Left  
6-7      Cross Right Over Left, Step Left To Left (Straightening To 12:00)  
8&1      Cross Right Behind Left, Step Left To Left, Extend Right Heel To Right (1:30)

## HOLD, BALL HEEL, HOLD, STEP, CROSS ROCK, RECOVER, FULL TRIPLE TURN

2      Hold  
&3-4      Transfer Weight To Ball Right Foot Stepping Left Behind Right, Extend Right Heel To Right, Hold  
&5-6      Step Right By Left, Cross Rock Left Over Right, Recover On Right  
7&8      Make A Full Triple Turn Left Stepping Left, Right, Left (Straightening To 12:00)

Restart/Ending: During Wall 7 Repeat Counts 1-16 To Finish Facing 12:00

## CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ STEP

1-2      Cross Right Over Left, Step Left To Left  
3&4      Step Right Behind Left, Step Left To Left, Cross Right Over Left  
5-6      Rock Left To Left, Recover On Right  
7&8      Cross Left Behind Right, Make ¼ Turn Right Stepping Forward On Right, Step Forward On Left (03:00)

## STEP, LOCK, STEP, ROCK, RECOVER, ½ TURN, ¼ TURN, BEHIND, SIDE, CROSS

1-2      Step Forward On Right, Lock Left Behind Right  
&3-4      Step Forward On Right, Rock Forward On Left, Recover On Right  
5-6      Make ½ Turn Left Stepping Forward On Left, Make ¼ Turn Left, Stepping Right To Right (06:00)  
7&8      Cross Left Behind Right, Step Right To Right, Cross Left Over Right

## SIDE, TOGETHER, BACK, SIDE, TOGETHER, ¼ STEP, ¼ PADDLE TURNS X 3, HOLD

1&2      Step Right To Right, Step Left By Right, Step Back On Right  
3&4      Step Left To Left, Step Right By Left, Make ¼ Turn Left Stepping Forward On Left (03:00)  
5-6      Make ¼ Turn Left Touching Right To Right, Make ¼ Turn Left Touching Right To Right (9:00)  
7-8      Make ¼ Turn Left Touching Right To Right, Hold (6:00)

## CROSS SAMBA X 2, JAZZ BOX, CROSS

1&2      Cross Right Over Left, Step Left To Left, Step Right In Place  
3&4      Cross Left Over Right, Step Right To Right, Step Left In Place  
5-6      Cross Right Over Left, Step Back On Left (Angling Body To Left Diagonal) (4:30)  
7-8      Step Right To Right, Cross Left Over Right

START AGAIN

Last Update: 14 Oct 2023

