

# Always Running

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: Michael Lynn (UK) - August 2024  
音乐: Always on the run - ISAAK



(8 count intro - 3 secs approx)

Sequence: AAB AAB AA AA  
Version 1.2

## Part A

### SEC 1 Walk, Walk, Anchor Step, 1/2 Turn, 1/4 Turn, Weave

1-2            Step right forward, step left forward  
3&4           Rock right back, recover weight onto left, step right back  
5-6           Turn 1/2 left step left forward, turn 1/4 left step right to right (3:00)  
7&8           Step left behind right, step right to right, cross left over right

### SEC 2 Side, Touch Behind, 1/4 Step, 1/2 Tic Tac, 1/2 Step, 1/2 Shuffle

1-2            Step right to right, touch left behind right (as you look to 6pm, throwing right hand to right side & click fingers)  
3              Turn 1/4 left step left forward (12:00)  
4&5           Step forward right, swivel left heel in as you make 1/4 left, swivel right heel out as you make 1/4 left taking weight back on right (6:00)  
6              Turn 1/2 left step left forward (12:00)  
7&8           Turn 1/4 left step right to right, step left beside right, turn 1/4 left step right back (6:00)

### SEC 3 Back Rock, Step 1/4 Pivot Cross, 3/4 Hinge, Shuffle, Step

1-2            Rock left back, recover weight onto right  
3&4           Step left forward, pivot 1/4 right transferring weight on to right, cross left over right (9:00)  
5              Step right to right turn 3/4 left lifting left leg (12:00)  
6&7           Step left forward, step right beside left, step left forward  
8              Step right forward

### SEC 4 Rock, Coaster Step, Step, 1/2 Pivot, Step, Lock/Pop

1-2            Rock left forward, recover weight onto right  
3&4           Step left back, step right beside left, step left forward  
5-6           Step right forward, pivot 1/2 left transferring weight on to left (6:00)  
7-8           Step right forward, lock left behind right as you pop right knee

## Part B (Always danced to the front wall)

### SEC 1 Step Drag, Step Drag, Step, 1/2 Pivot, Full Turn

1-2            Step right forward dragging left towards right over 2 counts  
3-4           Step left forward dragging right towards left over 2 counts  
5-6           Step right forward, pivot 1/2 left transferring weight on to left (6:00)  
7-8           Turn 1/2 left step right back, turn 1/2 left step left forward (6:00)

### SEC 2 Step, 1/2 Sweep, Step, 1/2 Sweep Hitch, Step, Step, 1/2 Pivot, Step

1-2            Step forward right making a 1/2 turn left as you sweep left from front to back  
3&4           Step back left making a 1/2 turn right as you sweep & hitch right  
5-6           Step right forward, step forward left  
7-8           Pivot 1/2 right transferring weight on to right, step forward left (12:00)

### SEC 3 Fallaway Diamond

- 1&2 Cross right over left, step left to left, turn  $\frac{1}{8}$  right step right back (1:30)  
3&4 Step left back, turn  $\frac{1}{8}$  right step right to right, turn  $\frac{1}{8}$  right step left forward (4:30)  
5&6 Step right forward, turn  $\frac{1}{8}$  right step left to left, turn  $\frac{1}{8}$  right step right back (7:30)  
7&8 Step left forward, turn  $\frac{1}{8}$  right step right to right, turn  $\frac{1}{4}$  right step left to left (12:00)

**SEC 4 Syncopated Cross Rocks, Rock, Back Drag**

- 1-2& Cross rock right over left, recover weight onto left, step right to right  
3-4& Cross rock left over right, recover weight onto right, step left to left  
5-6 Rock right forward, recover weight onto left  
7-8 Step right back dragging left heel towards right, step left beside right

**NOTE: The dance fits to both the short Eurovision Edit at 3:01 & the 3:30. You just add another 2 walls of A if you use the longer version.**

**Last Update – 3 Sept. 2024 – R1**

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