

# Sonic Run It

**COPPER** **NOB**  
BY STEPHEN

拍数: 32      墙数: 0      级数: Improver  
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音乐: Run It - Jelly Roll : (iTunes & amazon music)



Dance starts 8 seconds into track

## SYNCOPATED SIDE ROCK R, L, ROCK FORWARD, WALK BACK, R L

1-2 &.      Rock R to R, recover L in place of R, Step on the ball of R keeping weight on R  
3-4 &.      Rock L to L, recover R in place of L, step on the ball of L keeping weight on L  
5-6 .      Rock R forward, recover on L,  
7-8.      Walk back R, walk back L

## COASTER STEP, HEEL GRIND ¼ TURN L, BACK ROCK, KICK BALL TOUCH.

1&2.      Step back R, close L beside R, step forward R  
3-4.      Grind left heel forward ¼ turn left.  
5-6.      Rock back on L, replace on R  
7&8.      Kick L foot forward, step down on the ball of L, touch R beside L

## SIDE HOLD, BALL SIDE TOUCH, FULL TURN, CHASSE ¼ TURN L

1-2.      Step R to R side, hold  
&3-4.      Step L beside R, step R to R side, touch L beside R  
5-6.      On the ball of L spin a ½ L, On the ball of R spin a ½ L  
7&8.      Step L to L, close R beside L, step L into a ¼ turn L

## TOE SWITCHES, CLAP HANDS, HEEL SWITCHES, CLAP HANDS

1&2&      Touch R toe to R, bring R together, touch L toe to L, bring L together  
3&4      Touch R toe to R, CLAP hands twice  
5&6&      Touch R heel forward, step down, touch L heel forward, step down  
7&8      Touch R heel forward, CLAP hands twice.

Last Update: 20 Jan 2025