

# Living On The Run

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - December 2024  
音乐: Run It - Jelly Roll



## NO TAGS NO RESTARTS

Intro: 16 Counts, 8 secs approx.. on the lyrics

### [1 – 8] Step, Brush, Shuffle Forward, Step ¼ Turn, Cross Shuffle

1-2            Step R fwd (1), Brush L fwd (2) 12:00  
3&4           Step L fwd (3), Close R behind L (&), Step L fwd (4) 12:00  
5-6           Step R fwd (5), Pivot ¼ turn L transferring weight to L (6) 9:00  
7&8           Cross R over L (7), Close L behind R (&), Cross R over L (8) 9:00

### [9 – 16] Weave Left, Side Rock, Recover, Together, Slide & Drag

1-2            Step L to L (1), Cross R behind L (2) 9:00  
3-4            Step L to L (3), Cross R over L (4) 9:00  
5-6            Rock L to L (5), Recover on to R (6) 9:00  
&7-8          Step L next to R (&), Slide R to R (7), Dragging L towards R (8) 9:00

### [17 – 24] Point Across, Point Side, Sailor ¼ Turn, Step Forward, Together, Heel Split x2

1-2            Point L across R (1), Point L to L side (2) 9:00  
3&4            Cross L behind R (3), Making ¼ turn L step R next to L (&), Step L fwd (4) 6:00  
5-6            Step R fwd (5), Step L next to R (6) 6:00  
7&8&          Push both heels out (7), Return heels to centre (&), Push both heels out (8), Return heels to centre (&) 6:00

### [25 – 32] Heel Hook Heel Together x2, Jazz Box ¼ Turn

1&2&          R heel fwd (1), Hook R over L (&), R heel fwd (2), Step R next to L (&) 6:00  
3&4&          L heel fwd (3), Hook L over R (&), L heel fwd (4), Step L next to R (&) 6:00  
5-6            Cross R over L (5), Step L back (6) 6:00  
7-8            ¼ Turn R stepping R to R side (7), Step L fwd (8) 9:00

Begin Again!

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