

AB Runnin'

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Mary Pentangelo (USA) - February 2025
音乐: Running Back To You - Seph Schlueter



Intro is 16 counts – Starts with right foot, weight on left

[1-8] Walk Forward R,L,R,L, Hip Rocks, R,L,R,L

1-4 RF walk fwd, LF walk fwd, RF walk fwd, LF walk fwd
5-8 RF step to side for R hip rock, L hip rock, R hip rock, L hip rock

[9-16] Walk Back R,L,R,L, Hip Rocks, R,L,R,L

1-4 RF walk back, LF walk back, RF walk back, LF walk back
5-8 RF step to side for R hip rock, L hip rock, R hip rock, L hip rock

[17-24] Grapevine R, Grapevine L

1-4 RF step side, LF step behind RF, RF step side, LF tap next to RF
5-8 LF step side, RF step behind LF, LF step side, RF tap next to LF

[25-32] RF Heel Tap, LF Heel Tap, 3/4 4-Step Walk Around Over R Shoulder

1-4 RF heel tap fwd, replace next to LF, LF heel tap fwd, replace next to RF
5-8 3 /4 4-step walk around over right shoulder to next wall – R, L, R, L

***Optional changes**

- *1. Change the walk forwards into right and left cha-cha**
- *2. Change the L grapevine into a rolling grapevine**

Thank you for checking out my dance!
www.heartandsoullinedance.com