

Run Free

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mike Belk (UK)
音乐: Young Hearts Run Free (7-inch Radio Edit) (feat. Hannah Jones) - Respect



ROCK LEFT RECOVER RIGHT, LEFT SAILOR ¼ TURN LEFT, WALK RIGHT LEFT, RIGHT SHUFFLE

1-2 Rock on left, recover onto right
3&4 Step left behind right, step on right to right side turning ¼ left, step left to left side
5-6 Walk forward right, left
7&8 Step forward on right, step forward left, step forward on right

CROSS LEFT RECOVER RIGHT, ¼ TURN LEFT CHASSE LEFT, RIGHT BEHIND LEFT TURN ¼ LEFT STEP LEFT, RIGHT HEEL BALL CROSS

1-2 Cross left over right, recover onto right
3&4 Step left to left turning ¼ turn left, step right next to left, step left to left side
5-6 Step right behind left, turn ¼ left stepping onto left
7&8 Touch right heel forward, step back onto right, cross step left over right

Tag & restart here on 2nd & 6th walls

BACK RIGHT LOCK, BACK RIGHT LOCK BACK, ROCK BACK LEFT RECOVER RIGHT, HEEL SWITCHES LEFT & RIGHT

1-2 Step back on right, step back left crossing right
3&4 Step back right, step back left crossing right, step back right
5-6 Rock back on left, recover forward onto right
7&8 Touch left heel forward, step back onto left, touch right heel forward

BACK RIGHT LEFT SHUFFLE, ROCK FORWARD RIGHT RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT SAILOR TURNING ¼ RIGHT

&1-2 Step back onto right, step forward left, step forward right, step forward left
3-4 Rock forward right, recover onto left
5&6 Step back on right, step back on left, step back on right
7&8 Step left behind right, step right to right side turning ¼ right, step left to left side

POINT RIGHT POINT LEFT, & RIGHT HEEL BALL CROSS, ROCK RIGHT RECOVER LEFT, RIGHT COASTER STEP

1&2 Point right toe to right side, step right in place, point left toe to left side
&3&4 Step left in place, touch right heel forward, step back onto right, cross step left over right
5-6 Rock right to right side, recover onto left
7&8 Step back onto right, step back onto left, step forward onto right

STEP LEFT SIDE TOGETHER, CHASSE LEFT, ROCK BACK RIGHT RECOVER FORWARD LEFT, RIGHT KICK BALL TOUCH

1-2 Step left to left side, step right next left
3&4 Step left to left side, step right next to left, step left to left side
5-6 Rock back on right, recover forward onto left
7&8 Kick right forward, step back onto right, touch left toe at side of right

Restart here on 4th wall

CROSS LEFT UNWIND ½ TURN RIGHT, RIGHT CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT, BEHIND LEFT SIDE RIGHT CROSS LEFT

1-2 Cross left over right, unwind ½ turn right (keep weight on left)
3&4 Cross right over left. Step left to left side, cross right over left

5-6 Rock left to left side, recover onto right
7&8 Step left behind right, step right to right side, cross left over right

¼ TURN LEFT ¼ TURN LEFT, CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT ¼ TURN LEFT, LEFT KICK BALL CROSS

1-2 Step back on right turning ¼ left, step left to left side turning ¼ left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right turning ¼ left
7&8 Kick forward on left, step back on left, cross right over left

REPEAT

RESTART

On 2nd wall after 16 counts, tag then restart

On 4th wall after 48 counts restart no tag

On 6th wall after 16 counts tag then restart

TAG

ROCK FORWARD RIGHT RECOVER LEFT, RIGHT COASTER STEP

1-2 Rock forward right, recover onto left
3&4 Step back right, step back left, step forward right
