

# Running The Road

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Nancy Morgan (USA)  
音乐: Road Runner - Microwave Dave & The Nukes



---

## HEEL, TOE BACK, ½ TURN RIGHT WITH HEEL UP, STOMP RIGHT FOOT FORWARD, REPEAT WITH LEFT

- 1-2      Put right heel forward, put right toe back
- 3-4      As you turn ½ turn to your right put right heel forward, stomp right foot forward
- 5-6      Put left heel forward, put left toe back
- 7-8      As you turn ½ turn to your left put left heel forward, stomp left foot forward

## STOMP RIGHT FORWARD, CLAP, STOMP LEFT FORWARD, CLAP, WITH SAILOR SHUFFLES

- 1-4      Stomp right foot forward, clap, stomp left foot forward, clap
- 5&6      Sailor shuffle (step right behind left, step left to left side, step right forward)
- 7&8      Sailor shuffle (step left behind right, step right to right side, step left forward)

## STEP RIGHT FORWARD, ¼ TURN LEFT, ROLL HIPS LEFT TO RIGHT, CLAP, REPEAT

- 1-4      Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap
- 5-8      Step right foot forward, turn ¼ turn to left, roll hips from left to right, clap

## WALK, WALK, ¼ TURN, STOMP, TWO KICK-BALL-CHANGES

- 1-4      Step forward right foot, step forward left foot, pivot on left toe to your right ¼ turn (shifting weight on right) stomp left next to right
- 5&6      Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)
- 7&8      Kick-ball-change (kick right foot forward, put right next to left, lifting left off of ground, set left next to right)

## REPEAT

---