

Young Hearts, Run Free

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate hustle
编舞者: Linda Burgess (AUS)
音乐: Young Hearts Run Free - Gloria Estefan



KICK, BALL, CHANGE, FORWARD ROCK, REPLACE, STEP BACK, COASTER, STEP, PIVOT ½ LEFT

1&2-3&4 Kick right forward, step back right on ball of foot, step left in place, rock/step forward right, replace weight to left, step back right
5&6-7-8 Step back left, step right beside left, step forward left, step forward right, pivot ½ turn left

FORWARD, ½ RIGHT STEP BACK, COASTER, FORWARD ½ LEFT STEP BACK, COASTER

1-2-3&4 Step forward right, turn ½ right & step back on left, step back right, step left beside right, step forward right
5-6-7&8 Step forward left, turn ½ left & step back on right, step back left, step right beside left, step forward left

CROSS, SAMBA, CROSS, ¼ LEFT SAMBA, STEP, PIVOT ½ LEFT, TRIPLE TURN LEFT

1&2-3&4 Cross/step right over left, step left to left on ball of foot, step right in place & slightly forward, cross/step left over right, turn ¼ left & step back on right ball of foot, step left in place
5-6-7&8 Step forward right, pivot ½ turn left (weight left), turn ½ left & step back right, turn ½ left & step forward left, step forward right

STEP, PIVOT ½ RIGHT, SIDE, ROCK BACK, REPLACE, SIDE, BEHIND, ¼ STEP, STEP PIVOT ¾ HOOK

1-2 Step forward left, pivot ½ turn (right weight right)
&3-4 Step left to left, rock/step back right (turning body slightly 45 degrees right) replace, weight to left (center)
&5-6 Step right to right, cross/step left behind right, turn ¼ right & step forward right
7-8 Step forward left & pivot/spin ¾ turn left while hooking right behind left

REPEAT

RESTART

Restart on walls 3 & 8 after count 20
