

# Young Hearts, Run Free

**COPPER** **KNOB**  
BY STEPHEN

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



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## **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

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