

# Runnin

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Karen Sturmey (UK) - November 2009  
音乐: I Ain't Runnin Yet - Gary Allan : (CD: It Would Be You)



Start on vocals.

## SECTION 1: FORWARD ROCK ,SIDE ROCK, BACK ROCK, SHUFFLE

- 1,2 □ right rock forward, recover on left
- 3,4 □ right rock to right side, recover on left
- 5,6 □ right rock back, recover on left
- 7&8 □ right shuffle forward

## SECTION 2: LEFT ½ TURN STRUT, RIGHT 1/2 TURN STRUT, LEFT ROCK, RECOVER LEFT STEP ¾ TURN LEFT. RIGHT BESIDE LEFT

- 1, 2 □ left toe strut back making ½ turn right
- 3,4 □ right toe strut forward making ½ turn right
- 5,6 □ left rock forward, recover on right
- 7,8 □ left step making ¾ turn left, right step beside left weight on right

## SECTION 3: FORWARD ROCK, SIDE ROCK, BACK ROCK, SHUFFLE

- 1 - 8 □ repeat section 1 on opposite feet (left foot leading)

## SECTION 4: RIGHT TOE STRUT ½ TURN L. LEFT TOE STRUT ½ TURN LEFT. RIGHT ROCK FORWARD, RECOVER, RIGHT STEP ¼ TURN RIGHT LEFT STEP BESIDE RIGHT

- 1,2 □ right toe strut back making ½ turn left
- 3,4 □ left toe strut forward making ½ turn left
- 5,6 □ right rock forward, recover on left
- 7,8 □ right step making ¼ turn right. left step beside right weight left.

## SECTION 5: RIGHT ROCK BACK, RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK RECOVER, LEFT SIDE TOGETHER.

- 1,2 □ right rock back, recover on left
- 3&4 □ right side shuffle \*\*
- 5,6 □ left rock back, recover on right
- 7,8 □ left step to left side, right step beside left

## SECTION 6: ¼ SHUFFLE, STEP ¾, SIDE SHUFFLE ROCK BACK, RECOVER

- 1&2 □ left side shuffle making ¼ turn left
- 3,4 □ right step forward, pivot ¾ turn left
- 5&6 □ right side shuffle
- 7,8 □ left rock back, recover on right

## SECTION 7: LEFT KICK BALL CHANGE. LEFT ROCK, RECOVER, 1 ½ TURN LEFT STEPPING L.R.L.R.

- 1&2 □ left kick ball change
- 3,4 □ left rock forward, recover on right
- 5,6 □ left step forward making ½ turn left, right step back making ½ turn
- 7,8 □ left step forward making ½ turn left, right step forward

## SECTION 8: LEFT ROCK FORWARD, RECOVER, 2 SAILORS BACK, LEFT TOE BACK, UNWIND ½ TURN LEFT

- 1,2 □ left rock forward, recover on right
- 3&4 □ left sailor shuffle travelling back

5&6□ right sailor shuffle travelling back  
7,8 □ left toe touch back, unwind ½ turn left weight on left

**Start again**

**\*\* 4 count tag during wall 2 facing front wall**

**During section 5 dance first 4 counts of section then:**

1, 2□ left rock back, recover

3&4□ left side shuffle

**Start dance from beginning**

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