

# Run For Life

**COPPERKNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Pam Pelsler (SA) & Alan Haywood (UK) - January 2011  
音乐: I Run for Life - Melissa Etheridge : (CD: The Road Less Travelled)



**Intro 8 counts – start on vocals**

## Section 1

**R side, L next to R, R side, rock and cross & L side, R next to L, L side rock and cross**

1-2                      Step right to side, step left next to right  
3&4                      Rock right to right side, step left next to right, cross step right over left (diagonally left)  
5-6                      Step left to left side, step right next to left  
7&8                      Rock Left to left side, Step right next to left, cross step left over right (diagonally right) 1 o'clock

**RESTART: End of walls 3 and 7 (both 3 o'clock)**

**TAG: End of wall 8, add tag. See below.**

## Section 2

**Rock forward R, recover L, run back R L R (making ¼ L), Rock back L, recover R, Run forward L R L**

1-2                      Rock forward on right (right diagonal 1 o'clock), recover back onto left  
3&4                      Run back right left right making a ¼ turn left (diagonally 11 o'clock)  
5-6                      Rock back onto left, recover onto right  
7&8                      Run forward left right left squaring up to 12 o'clock

## Section 3

**Cross rock, right over, recover L, ½ turn R Sailor step, L forward mambo, R Coaster step**

1-2                      Cross rock right over left, recover weight back onto Left,  
3&4                      Sweep right from front to back with a ½ turn right stepping right behind left, step left to left side, step right forward. 6 o'clock  
5&6                      Rock forward onto left, recover weight back onto right, step left next to right  
7&8                      Step back on right, step left beside right, step forward on right.

## Section 4

**Rock forward L, recover R, triple ½ L, ¼ L, touch L, L side rock and cross**

1-2                      Rock forward onto left, recover back onto right,  
3&4                      Triple ½ turn left stepping left right left 12 o'clock  
5-6                      Turn a ¼ left stepping on right a big step to right side, touch left next to right 9 o'clock  
7&8                      Rock left to left side, Step right next to left, cross step left over right

## Restarts

**At the end of walls 3 and 7, (both facing 3 o'clock) do the first 8 counts then restart**

## Tag

**At the end of wall 8, facing 12 o'clock, repeat the first 8 counts, then add following 4 counts 'step right to right side, touch left, step left to left side, touch right'**

## Optional Ending

**You will be facing 3 o'clock doing the first 8 counts. As the music fades, change counts 7 & 8 into ¼ left shuffle spreading arms.**

## From Pam

**This dance was written to honour people who have been affected by cancer.  
Thanks to Bernadette Schaap and Madie Calitz for their inspiration**

From Alan

Thanks to Pam for letting me be a part of this song and dance.

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