

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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