

Running Free

COPPER KNOB
BY STEPHEN BATES

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2012
音乐: Run Free - Rebecca Ferguson : (Album: Heaven - Deluxe Edition - iTunes)



Starts After 16 Counts

Step, Rock Step, Back 1/2 Step, Rock Step, Coaster Cross.

1-3 Step forward on Left, rock forward on Right, recover on Left.
4&5 Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right.
6-7 Rock forward on Left, recover on Right..
8&1 Step back on Left, step Right next to Left, cross step Left over Right.

Side, Together, Side Together Cross, Side, Cross, Chasse 1/4.

2-3 Step Right to Right side, step Left next to Right.
4&5 Step Right to Right side. Step Left next to Right, cross step Right over Left
6-7 Step Left to Left side, cross step Right over Left.
8&1 Step Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left.

Step, 1/2, Rock & 1/2, Step, 1/2 Pivot, Left Lock Step.

2-3 Step forward on Right, pivot 1/2 turn to Left.
4&5 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward on Right.
6-7 Step forward on Left, pivot 1/2 turn to Right.
8&1 Step forward on Left, lock Right behind Left, step forward on Left.

Point, Behind, Rock & Cross, Touch, Step Back, Behind & Cross.

2-3 Point Right to Right side, step Right back & behind Left.
4&5 Rock Left to Left side, recover on Right, cross step Left over Right.
6-7 Touch Right toe forward, step back on Right.
8&1 Sweep Left out & step behind Right, step Right to Right side, cross step Left over Right.

Rock Step, Behind & Cross, Rock Step, Sailor 5/8 Cross.

2-3 Rock Right to Right side, recover on Left
4&5 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
6-7 Rock Left to Left side, recover on Right.
8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn to Left stepping Right next to Left, 1/4 turn to Left cross stepping Left over Right. (facing 1:30)

Touch, Kick, Back Lock Back, Touch, Kick, Sailor 3/8.

2-3 Touch Right next to Left, kick Right forward. (facing 1:30)
4&5 Step back on Right, lock Left over Right, step back on Right. (Travel back on diagonal facing 1:30)
6-7 Touch Left in front & slightly across Right, kick Left forward.
8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/8 turn to Left stepping Right next to Left, step forward on Left. (9:00) **R**

Rock Step, 1/2 Shuffle Turn, Step, 1/2, Shuffle 1/2.

2-3 Rock forward on Right, recover on Left.
4&5 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right. (3:00)
6-7 Step forward on Left, make 1/2 turn to Left stepping back on Left.
8&1 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn to Left stepping forward Left.

Cross, Back, Back Cross Back, Back Rock, Step 1/2 (Step).

2-3 Cross Right over Left, step back on Left.

4&5 Step back on Right, lock Left over Right, step back on Right.

6-7 Rock back on Left, recover on Right.

8& (1) Step forward on Left, pivot 1/2 turn to Right, (step forward on Left).

****R** Restart: Wall 2**

Dance Up To & Including Counts 8& Section 6 (4&8) .. Then Restart Dance From Beginning Facing Back Wall.
