

# Runnin'

**COPPER KNOB**  
STEPSHEETS

拍数: 56      墙数: 2      级数: Intermediate  
编舞者: Mirko Savinelli (IT) - December 2013  
音乐: Runnin' Out of Air - Love and Theft



## Start dancing on lyrics

### STEP, HOLD, KICK BALL STEP, STEP, HOLD, STEP, TURN, STEP

1-2            Step right forward, hold  
3&4           Kick left forward, step left together , step right forward  
5-6           Step left forward, hold  
7&8           Step right forward, turn ½ left, step right forward

### TOE SIDE, HOLD, KICK, CROSS, SINCOPATED ROCK SIDE, CROSS, HOLD, TURN ¼ & BUMP'S

1-2            Touch toe left to side, hold  
3&            Kick left forward, cross left over right  
4&5           step right to side, recover to left, cross right over left  
6            Hold  
7&8           Turn ¼ to right & step left to side & 3 Bump's left, right, left

### WAVE, VAUNDEVILLE, SCUFF, STEP BACK, HEEL FORWARD

1&2            Step right behind left, step left to side, step right over left  
&3&4           Step left back, heel right forward, step right together, cross left over right  
&5&6           Step right back, heel left forward, step left together , cross right over left  
7&8            Scuff left, step left back, heel right forward

### FLICK BACK, TOE SIDE, HEEL SWITCHES, TOE BACK, TURN ½ LEFT, KICK BALL STEP, STEP

&1            Turn ¼ left & flick right back, touch toe right to side  
&2&3           Step right together , heel left forward, step left together, heel right forward  
&4-5           Step right together , touch toe left back, turn ½ left (weight to right)  
6&7-8          Kick left forward, step left together, step right forward, step left forward

### 2° Restart - Wall 5

### SHUFFLE DIAGONAL RIGHT, SHUFFLE DIAGONAL LEFT, ROCK STEP FORWARD, SHUFFLE TURN ½ RIGHT

1&2            Step right diagonal right, step left together, step right diagonal right  
3&4            Step left diagonal left, step right together, step left diagonal left  
5-6            Step right forward, recover to left  
7&8            Turn ¼ right & step right to side, step left together, turn ¼ right & step right forward

### ROCK SIDE & CROSS, WAVE, ROCK SIDE & CROSS, STEP SIDE, TURN ½ RIGHT & STEP, STEP

1&2            Step left to side, recover to right, cross left over right  
&3&4           Step right to side, cross left behind right, step right to side, cross left over right  
5&6            Step right to side, recover to left, cross right over left  
7&8            Step left to side, turn ½ right & step right forward, step left forward

### 1° Restart - Wall 2

### STEP SIDE, TOGETHER, STEP FORWARD, ROCK STEP, SHUFFLE TURN ½ LEFT, FULL TURN

1&2            Step right side, step left together, step right forward  
3-4            Step left forward, recover to right  
5&6            Turn ¼ left & step left to side, step right together, turn ¼ left & step left forward  
7-8            Turn ½ left & step right back, turn ½ left & step left forward

**RESTARTS:-**

1° restart wall 2 after 48 count

2° restart wall 5 after 32 count

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