

Run Free

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Lynn Antonucci (USA) - February 2017
音樂: Young Hearts Run Free - Gloria Estefan



Introduction: 24 Counts

ROCK R FWD, REC L, R SIDE SHUFFLE, L ROCK BACK, REC R, L KICK BALL, TOUCH R

- 1 – 2 Rock Right Fwd, Recover Left 12:00
- 3 & 4 Shuffle Right To Right Side (RLR)
- 5 – 6 Rock Left Back, Recover Right
- 7 & 8 Kick Left Forward, Step on Left, Touch Right Toe Next To Left

STEP R FWD, PIVOT L ¼ TURN L, SHUFFLE R FWD, L OVER R JAZZ BOX, CROSS R OVER L

- 1 – 2 Step Right Forward, Pivot Left ¼ Turn Left 3:00
- 3 & 4 Shuffle Right Forward (RLR)
- 5 – 8 Step Left Over Right, Step Right Back, Step Left To Left Side, Cross Right Over Left

SHUFFLE L TO L SIDE, ROCK R BACK, REC L, STEP R FWD, STEP L ¼ TURN L, WALK R FWD, WALK L FWD

- 1 & 2 Shuffle L To Left Side (LRL)
- 3 – 6 Rock Right Back, Recover Left, Step R Forward, Pivot L ¼ Turn L 6:00
- 7 - 8 Walk Forward Right, Walk Forward Left

SHUFFLE R TO R SIDE, ROCK L BACK, REC R, ROCK R FWD, REC R, L BACK COASTER STEP

- 1 & 2 Shuffle Right To Right Side (RLR)
- 3 – 4 Rock Left Back, Recover Right
- 5 – 6 Rock Left Forward, Recover Right
- 7 & 8 Step Back On Left, Step Back On Right, Step Forward On Left

Repeat and Enjoy

RESTARTS:-

Start Wall 3 Facing 12:00, Dance 1st 20 Counts, Restart Facing 3:00

Start Wall 8 Facing 9:00, Dance 1st 20 Counts, Restart Facing 6:00

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