

# Run For Cover

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sherry Boatright (USA) - January 2017  
音樂: Run for Cover - Sonja Grier



**Intro: 32 counts after 3 beats following the monologue**

**Tag: 32 count Tag at the beginning of wall seven, facing 6:00**

## Section 1: Walk Forward, Heel, Walk Back, Coaster

1-4            Walk forward RLR, left heel forward  
5-6            Walk Back LR  
7&8           Step L back, R back, L forward

## Section 2: Rock Forward, Triple Back x 2, Rock Back

1-2            Rock R forward, recover L  
3&4            Triple back RLR (alternative: Sailor Steps back)  
5&6            Triple back LRL (alternative: Sailor Steps back)  
7-8            Rock back on R recover on L

## Section 3: Toe Heel hip Bumps Forward x 2, ¼ Jazz Box Turn to R

1&2            R toe forward, bump R hip to the R, heel down  
3&4            L toe forward, bump L hip to the L, L heel down  
5-8            Cross R over L, step back on L, step R to R side making ¼ turn R, Step L slightly forward

## Section 4: Out Out ( V step ) , In In, Step, Chest Pops

1-4            Step R diagonally forward, step L to L side, step R diagonally back, Step L together  
5                Step R to R side  
6-7-8          Pop Chest out x 3

## TAG: 32 ct Tag: facing 6:00 on wall 7

1-4            Walk forward RLR, kick left forward  
5-8            Walk back LRL, touch R beside L

**Repeat 2 more times for 24 counts.**

1-4            step R diagonally forward, step L to L side, step R diagonally Back, step L together  
5                step R to R side  
6-7-8          Pop Chest x 3

**Start Again ....**

**Contact: [duckcreek@bellsouth.net](mailto:duckcreek@bellsouth.net)**