

Run All The Way

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Improver
編舞者: Diana Liang (CN) - September 2018
音樂: Yi Lu Ben Pao by Liying LI



Intro – 48 counts

Sequence: 56, 56, 40(S2-S6), 40(S2-S6), 56, 56, 40(S2-S6), 40(S2-S6), Ending 24

S1: Rock Recover, 1/2 RT Pivot Lf Back, Foward, 1/2 RT Lf Shuffle Back, Hold

12 Lf back rock on 1, recover on Rf on 2,
34 1/2 RT Lf rock back on 3, recover on Lf on 4, 600
56 1/4 RT Lf side on 5, 1/4 RT Rf lock front on 6,
78 Lf back on 7, hold on 8, 1200

S2: Rf Coaster Step, Hold, Ball Run x 4

12 Rf back on 1, Lf together on 2,
34 Rf forward on 3, hold on 4
56 Lf ball forward on 5, Rf ball forward on 6,
78 Lf ball forward on 7, Rf ball forward on 8

S3: Touch Forward/Home, Touch Back/Home, Swing, Forward, ¼ LT, Hip

12 Lf touch forward on 1, Lf next to Rf on 2
34 Rf touch back on 3, Rf next to Lf on 4

(Arms: R arm swing to front and L arm to side on 1/3, L arm swing to front and R arm to side on 2/4)

56 Lf swing up front on 5, Lf step forward on 6,

(Arms: R arm up in the air while L arm side up level to ground on 5, L arm down beside left leg, R arm elbow drop down with palm facing front & shoulder height)

78 1/4 LT Rf side on 7, Rf hip out to R and Lf knee bent on 8, 900

(Arms: R elbow side up while R forearm open from front to side on 7, R hand on waist on 8)

S4: Walks with Turns

1234 1/4 LT Lf forward on 1, Rf forward on 2, 1/4 RT Lf side on 3, 1/4 RT Rf back on 4, 1200
5678 1/4 LT Lf side on 5, 1/4 LT Rf forward on 6, 1/2 pivot LT on Lf on 7, Rf forward on 8, 1200

S5: (Side, ¼ RT Together, Forward LR) x 2

12 Lf side on 1, 1/4 RT Rf together on 2,
34 walk L on 3, walk R on 4
5678 = 1234, 600

S6: Side, ¼ RT Together, Forward, Hold, Rock Recover (side / back)

12 Lf side on 1, 1/4 RT Rf together on 2,
34 Lf forward on 3, hold on 4, 900
56 Rf rock side on 5, recover on Lf on 6,
78 Rf back rock on 7, recover on Lf on 8

(on W4 & W8, please hold the count 8 of S6 to keep weight on Rf for restarting W5 & W9 from S1)

S7: V-Step, Heels Out RL

12 Rf diagonal out on 1, Lf diagonal out on 2
34 Rf home on 3, Lf home on 4
56 Heels out to R with R arm up/wave to R on 56 ,
78 Heels out to L and R arm wave to L on 7, heels out to R and R arm wave to R on 8, weight on Rf.

(on W2 & W6, please use both the counts of 7 and 8 to do the count of 7 of S7; ends with weight on Lf in order)

to restart the W3 & W7 from S2 on Lyric of“一路奔跑 Yi Lu Ben Pao”)

Ending: 24 counts on wall 9, please change the counts of 7 and 8 of S3 to below:

7 Rf side point on 7 while weighting on Lf,

8 Weight to R while Lf knee bent touch on 8 (R arm diagonal forward up with thumb up,
following the slowing tempo of the music and finish the dance)

Thanks and happy dancing!

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