

# You've Been Running all over Town

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Georgie Mygrant (USA) - May 2022  
音樂: Mustang Sally - Rufus Thomas : (Album: Walking the Dog)



**Intro: 16 - Just 3 easy moves! - 2 Walls (\*4 Walls, or 1 wall)**

## Rock R Fwd. Step R to side, Rock R back

1-8            Step R fwd. step on L, step R to side, Step on L, Step R to back, step on L, step on R, touch L to R  
5-8            Step L fwd. Step on R, Step L to side, step on R, Step L back, Step on R, Step on L, touch R to L

## Modified Box Step

1-4            Step R side, Step L to R, Step back on R, Touch L to R,  
5-8            Step L side, Step R to L, Step L Back, touch R to L

## Jazz Box $\frac{1}{4}$ R, Jazz Box $\frac{1}{4}$ R

1-4            Step R over L, step back on L, turning  $\frac{1}{4}$  R, step on R, step on L  
5-8            Repeat, turning  $\frac{1}{4}$  R

**That's it! Real easy. A new routine to an old song. \*(If you want to make it a 4 walls, just do one Jazz Box's in place and turn  $\frac{1}{4}$  R on the next one. Just tell the class if it's going to be a two wall or four, or do both jazz boxes in place and make it a one wall! It's your choice.)**

**Just have fun doing it. Please do not alter routine without my permission. Thank You and if you like it, please vote for it! Georgie mygeo@adamswells.com**

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