

Young Hearts Run Free

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ruth Logdat (USA) - March 2023
音樂: Young Hearts Run Free - Candi Staton



Intro: Start on lyrics

KICK-AND-CROSS, SIDE TOUCH, KICK-AND-CROSS, SIDE TOUCH

1&2 Kick R forward, step R together, cross L over
3-4 Step R side, touch L together
5&6 Kick L forward, step L together, cross R over
7-8 Step L side, touch R together

ANGLED FORWARD TOUCH AND STEP BACK ROUTINE

1 Turn diagonally to left and touch R forward
2 Square up and step R together
3 Turn diagonally to right and touch L forward
4 Square up and step L together
5-8 Repeat steps 1-4

SKATE-SKATE-SHUFFLE, SKATE-SKATE-SHUFFLE

1-2 Step R forward to right, step L forward to left
3&4 Shuffle RLR in place
5-6 Step L forward to left, step R forward to right
7&8 Shuffle LRL in place

STEP-TURN, FWD SUFFLE, STEP-TURN, CROSS SHUFFLE

1-2 Step R forward, pivot 1/2 left
3&4 Shuffle forward RLR
5-6 Step L forward, pivot 1/4 right
7&8 Cross shuffle LRL

REPEAT

TAG & RESTART

On Wall 3 and Wall 8, dance the first two Sections (16 C), add

1-2 Step R forward, pivot 1/2 left
3-4 Step R forward, pivot 1/2 left

Restart

On Wall 11, dance the first two sections (16C), restart.

Stepsheet by Roly Ansano, rolando.ansano@gmail.com