

# Born To Run

**COPPERKNOB**  
BY SHEETS

拍數: 48      牆數: 2      級數: Intermediate - Country  
編舞者: Antonio Manigas (IT) - April 2023  
音樂: I'm Born to Run - American Authors



Sequence – (start dancing after 4 counts) – wall 1 – wall 2 – wall 3 – wall 4 (only 16 counts) -  
Restart wall 5 – wall 6 – wall 7 (only 16 counts)- TAG (4 counts) – wall 8 – TAG - wall 9 (only 32 counts) – wall  
10 – wall 11 (only 16 counts)

TAG

## T1) ROCK IN CHAIR

1 - 2      Step Right Forward , Return To Left  
3 - 4      Step Right Backward , Return To Left And Stomp Left

## S1) STOMP R., HOLD, CROSS&CROSS,STOMP L.,HOLD , CROSS&CROSS

1 - 2      Step Right To Right Side And Stomp , Hold  
3 & 4      Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left  
5 - 6      Step Left To Left Side And Stomp , Hold  
7 & 8      Step Left Cross Behind Right , Step Right To Right Side, Step Left Cross Over Right

## S2) TURN ½ SHUFFLE BACK R.,ROCK RECOVER,TURN ½ SHUFFLE BACK L.,ROCK RECOVER

1 & 2      Turn ½ (06:00) And Step Right Backward , Step Left Beside Right , Step Right Backward  
3 - 4      Step Left Backward , Return To Right And Heel Right To Right Side  
5 & 6      Turn ½ (00:00) And Step Left Backward , Step Right Beside Left , Step Left Backward  
7 - 8      Step Right Backward , Return To Left And Heel Left To Left Side

## S3) TURN ¼ VAUDEVILLE L. & R.,CROSS RECOVER ,CROSS&CROSS L.

&1 - &2      Turn ¼ To Right(03:00)Cross Right Over Left ,Step Left To Left Side , Step Right To Right  
Side And Heel , Drop Right Toe  
&3 - &4      Cross Left Over Right , Step Right To Right Side , Step Left To Left Side And Heel , Drop Left  
Toe  
5 - 6      Cross Right Over Left , Return To Left  
&7 - &8      Step Right To Right Side , Cross Left Over Right , Step Right To Right Side , Cross Left Over  
Right

## S4) STEP R.,TURN ½ & FLICK L.,STEP L.,STOMP UP R.,CHASSE'&CHASSE',RECOVER

1 - 2      Step Right To Right Side , Turn ½ Back (09:00) And Flick Left  
3 - 4      Step Left Forward , Stomp Up Right Beside Left  
&5 - &6      Step Right To Right Side , Step Left Beside Right , Step Right To Right Side ,Step Left  
Beside Right  
&7 - &8      Step Right To Right Side , Step Left Beside Right , Step Right To Right Side , Recover Left  
Behind Diagonally Right

## S5) TURN ¼ STOMP RIGHT,HEELS SWITCHES L. & R.,TOE L.,TURN ¼ SHUFFLE L.,TURN ¼ CHASSE' R.

1 - &2      Turn ¼ To Left (06:00) Step Right Forward And Stomp , Step Left Forward And Heel , Return  
Beside Right  
&3 - 4      Step Right Forward And Heel , Return Beside Left And Taking Weight , Step Left Cross  
Behind Right And Touch Toe  
5 & 6      Turn ¼ To Left (03:00) Step Left Forward , Step Right Beside Left , Step Left Forward  
7 & 8      Turn ¼ To Right (09:00) Step Right To Right Side , Step Left Beside Right , Step Right To  
Right Side

## S6) TURN ¼ ROCK RECOVER, TURN ½ SHUFFLE L.,FULL TURN , STEP R. , STOMP L.

- 1 - 2 Turn  $\frac{1}{4}$  To Right (00:00) Step Left Forward , Return To Right
- 3 & 4 Turn  $\frac{1}{2}$  To Left (06:00) Step Left Forward , Step Right Beside Left , Step Left Forward
- 5 - 6 Turn  $\frac{1}{2}$  Back (00:00) Step Right Backward , Turn  $\frac{1}{2}$  Forward (06:00) Step Left Forward
- 7 - 8 Step Right Forward , Step Left Forward And Stomp Beside Right And Taking Weight
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