

# Run Free

**COPPER KNOB**  
BY STEPSHEETS

拍數: 0                      牆數: 2                      級數: Intermediate  
編舞者: Avril King (UK)  
音樂: Young Hearts Run Free - Kym Mazelle



Sequence: ABA ABA ABA A

## SECTION A:

### STEP TURN, ROCK LEFT AND BACK, SLIDE LEFT, FLICK BALL STEP

- 1-2                      Step left over right, making  $\frac{1}{2}$  turn. Step right to right side making another  $\frac{1}{2}$  turn (two steps making a full turn)  
3&4                      Rock left diagonally across right, rock back on right, touch left next to right  
5-6                      Step left to left side and slide the right in next to left  
7&8                      Flick right foot forward, step right next to left, step left next to right with weight

### FLICK BALL TOUCH, STEP $\frac{1}{4}$ TURN, CROSS UNWIND FULL TURN, HIPS LEFT, RIGHT, LEFT

- 9&10                      Repeat steps 7 - 8 touching left without weight on the last step  
11-12                      Step forward left,  $\frac{1}{4}$  turn to right, end with weight on right foot  
13-14                      Cross left over right and unwind making a full turn  
15&16                      Hip bumps left, right, left

### SIDE SHUFFLE RIGHT, ROCK FORWARD AND BACK, SHUFFLE LEFT, STEP FORWARD $\frac{1}{2}$ TURN

- 17&18                      Side shuffle to right, stepping right, left, right  
19-20                      Rock left over right and back onto left  
21&22                      Side shuffle to left, stepping left, right, left  
23-24                      Step forward right, pivot  $\frac{1}{2}$  turn ending with weight on left

### FLICK BALL TOUCH, FLICK BALL TOUCH, HEEL & HEEL & HEEL & HEEL &

- 25&26                      Flick right forward, step right next to left, touch left to left side  
27-28                      Repeat steps 24 - 25 on left leg  
29&30&31&32&              Heel switches right, left, right, left

### STEP FORWARD $\frac{1}{2}$ TURN, SHUFFLE RIGHT, SHUFFLE LEFT, ROCK BACK & FORWARD

- 33-34                      Step forward right, pivot  $\frac{1}{2}$  turn ending with weight on left  
35&36                      Shuffle forward right  
37&38                      Shuffle forward left  
39-40                      Rock back onto right, forward onto left

### SHUFFLE FORWARD RIGHT, STEP FORWARD LEFT $\frac{1}{2}$ TURN, STEP TURN STEP STEP

- 41&42                      Shuffle forward right  
43-44                      Step forward left, pivot  $\frac{1}{2}$  turn ending with weight on right  
45-48                      Steps forward making full turn, step left to left, step right to right, ending with feet apart (turn on steps optional)

### HIPS RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, SAILOR STEPS

- 49&50&51&52              Hip bumps right, left, right, left, right, left, right. On last hip bump lift right leg slightly  
53&54                      Right sailor step  
55&56                      Left sailor step

### PADDLE, PADDLE, TOUCH, IN, TOUCH, IN, TOUCH, IN, STEP

- 57-60                      Two paddle steps with right leg, making a  $\frac{1}{2}$  turn  
61&62&63                      Touch right to right side, hitch back in, touch, in, touch, in, touch

**SECTION B****SHUFFLE FORWARD RIGHT, LEFT, SHUFFLE BACK RIGHT, LEFT, MONTEREY TURNS, STEP OUT, OUT, BODY ROLL**

1&amp;2 Shuffle forward on right

3&amp;4 Shuffle forward on left

5&amp;6 Shuffle back on right

7&amp;8 Shuffle back on left

9-16 Monterey turns. Point right, step next to left making  $\frac{1}{2}$  turn, point left, step next to right.  
Repeat

17-20 Step feet apart right, left, jump feet together, body roll for 2 or 4 counts depending on the music (as you step in to the side turn your body slightly in the direction you are going)

**Dance the whole of section A once so you end up facing the back wall. Before you start the dance again the music changes slightly. This is when you do section B. This should happen every time you face the back wall as the music changes. Once you have danced section B through you can then carry on with section A until you face the back wall again/**

**If section B is removed from the dance, Section A can be danced to almost any alternative piece of music.**

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