

Running Away

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Amanda Price & Alyce Strong
音樂: Running Away - Delta Goodrem



FORWARD, BACK, FULL TURN, FORWARD, BACK, FULL TURN

1-2 Rock forward on right, back on left
3&4 Full turn by right shoulder stepping right-left-right
5-6 Rock forward on left, back on right
7&8 Full turn by left shoulder stepping left-right-left

VINE TO RIGHT ENDING WITH LEFT HEEL AT 45 DEGREES, (CHANGE WEIGHT), VINE TO LEFT, ENDING WITH RIGHT HEEL AT 45 DEGREES

1-2 Step right to right side, left behind right
&3&4 Step right out again and bring left heel out at 11:00, bring left back beside right, cross right over left
5-6 Step left to left side, right behind left
&7&8 Step left back out to left side, cross right over left, step left out again to left side, bring right heel out at 1:00

CHANGE WEIGHT, POINTS, ¼ TURN, LEFT COASTER STEP

&1-2 Step left in front of right, point right toe out to right side
3-4 Step right in front left, point left toe out to left side
Optional: instead of points, do jumping heel clicks
5-6 Cross left over right, step right back
7&8 Turn ¼ by left shoulder, step left back, right back, left forward

RIGHT BRUSH UP, RIGHT REVERSE BRUSH UP, RIGHT BRUSH UP, VINE RIGHT, FULL TURN, CHANGE WEIGHT

1&2& Bring right heel out at 1:00, hook right foot across front of left knee, place right heel back out at 1:00, kick right foot back
3&4 Bring right heel out at 1:00, hook right foot across front of left knee, place right heel back out at 1:00
5-6 Step right out to right side, lock left behind right
&7-8 Step right back out to right side, full turn by right shoulder on left foot, change weight to right

LEFT BRUSH UP, LEFT REVERSE BRUSH UP, LEFT BRUSH UP, VINE TO LEFT, ¾ TURN

1&2& Bring left heel out at 11:00, hook left foot across front of right knee, place left heel back out at 11:00, kick left foot back
3&4 Bring left heel out at 11:00, hook left foot across front of right knee, place left heel back out at 11:00*
5-6 Step left out to left side, lock right behind left
&7&8 Step left back out to left side, ¾ turn by left shoulder on right foot, keeping weight on right foot

HEELS IN, ¼ COASTER STEP, HITCH, ½ TURN

1&2&3 Twist left heel in, replace, twist right heel in
&4 Replace, twist left heel in twice
5&6 Turn ¼ by left shoulder, step left back, right back, left forward (coaster step)
7-8 Lift right knee up and turn ½ with knee still up by right shoulder

LOCKS, CROSS SHUFFLE, SHUFFLE

- 1&2 Step right out at 1:00, lock left behind right, step right out again slightly traveling forward
3&4 Step left out at 11:00, lock right behind left, step left out again slightly traveling forward
5&6 Cross right over left, step out on left, cross right over left again
7&8 Step out on left, cross right slightly behind left, step left back out

¾ TURN, SHUFFLE, ¼ TURN, CROSS SHUFFLE, ROCKS

- 1-2 Bring right foot out and turn ¾ by left shoulder, change weight on left foot
3&4 Step out on right, cross left slightly behind right, bring right back out
5&6 Turn ¼ while crossing left over right, step out on right, cross left back over right
7-8 Rock right out to right side, then replace weight on left foot

REPEAT

RESTART

After 36 steps on 5th wall
