

# Runnin' Behind

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver straight rhythm  
編舞者: Jon Levant (USA) & Gail Levant (USA)  
音樂: Runnin' Behind - Tracy Lawrence



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## SIDE, HOLD, CROSS-ROCK, SIDE, HOLD, CROSS-ROCK

1-2      Step left foot to left, hold,  
3-4      Cross-rock right foot over left foot, recover on left foot  
5-6      Step right foot to right, hold  
7-8      Cross-rock left foot over right foot, recover on right foot

## COASTER STEP, HOLD, FORWARD ROCK, BACK ROCK

1-4      Step left foot back, step right foot next to left foot, step left foot forward, hold  
5-6      Rock forward on right foot, recover on left foot  
7-8      Rock back on right foot, recover on left foot

## STEP TOUCHES WITH ¼ TURNS

1-2      Step right foot to right, touch left toes next to right foot  
3-4      Step left foot ¼ turn left, touch right toes next to left foot (9:00)  
5-6      Step right foot forward, touch left toes next to right foot (still 9:00)  
7-8      Step left foot ¼ turn left, touch right toes next to left foot (6:00)

## RIGHT ¼, HOLD, PIVOT RIGHT ¾, FORWARD, TOUCH, BACK, TOUCH

1-2      Step right foot ¼ turn right, hold (9:00)  
3-4      Step left foot forward, pivot on ball of left foot ¾ turn right and shift weight onto right foot (6:00)  
5-6      Step left foot forward, touch right toes behind left heel  
7-8      Step right foot back, touch left toes beside right foot

## REPEAT

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