

Born To Run (To Me)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Steve Mason (UK)
音樂: She Was Born to Run - Brooks & Dunn



FULL TURN RIGHT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

- 1-2 Step right foot $\frac{1}{2}$ turn right, continuing right make a further $\frac{1}{2}$ turn stepping on to left foot
Easier option: step right foot to right side, cross step left foot behind right foot
3&4 Step right foot to right side, close left foot to right foot, step right foot to right side
5&6 Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot
7&8 Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

FULL TURN LEFT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

- 9-10 Step left foot $\frac{1}{2}$ turn left, continuing left make a further $\frac{1}{2}$ turn stepping on to right foot
Easier option: step left foot to right side, cross step right foot behind left foot
11&12 Step left foot to left side, close right foot to left foot, step left foot to left side
13&14 Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot
15&16 Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

FORWARD ROCK, RECOVER, $\frac{1}{2}$ TRIPLE TURN, FORWARD, FULL TURN RIGHT, HOOK, SHUFFLE

- 17-18 Rock step forward on right foot, recover weight to left foot
19&20 Triple step right, left, right making $\frac{1}{2}$ turn right
21-22 Step forward on left foot while making a full turn right on ball of foot, hook right foot over left shin
Easier option: step forward on left foot, hook right foot over left shin
23&24 Step forward on right foot, close left foot to right foot, step forward on right foot

FORWARD ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, SAILOR STEP, CROSS, BACK $\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE SHUFFLE

- 25-26 Rock step forward on left foot, recover weight to right foot
27&28 Triple step left, right, left, on the spot making a full turn left
Easier option: left coaster step
29-30 Cross step right foot over left foot, step left foot to left side
31&32 Cross step right foot behind left foot, rock step left foot to left side, recover weight to right foot
33-34 Cross step left foot over right foot, make a $\frac{1}{4}$ turn left stepping back on right foot
&35&36 Make $\frac{1}{4}$ turn left, step left foot to left side, close right foot to left foot, step left foot to left side

DIAGONAL FORWARD, TOUCH, LEFT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN RIGHT

- 45-46 Step right foot forward on a left diagonal, touch left toes to right heel
47&48 Step diagonally back on left foot, step right foot next to left foot, step diagonally forward on left foot
49-50 Rock step diagonally forward on right foot, recover weight to left foot
51&52 Triple step, right, left, right, making $\frac{1}{2}$ turn right

DIAGONAL FORWARD, TOUCH, RIGHT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{3}{4}$ TURN LEFT

- 37-38 Step left foot forward on a left diagonal, touch right toes to left heel
39&40 Step diagonally back on right foot, step left foot beside right foot, step forward on right foot
41-42 Rock step diagonally forward on left foot, recover weight to right foot
43&44 Triple step left, right, left making $\frac{3}{4}$ turn left

SIDE, BEHIND, VAUDEVILLE HEEL & CROSS, SIDE SHUFFLE, ½ HINGE TURN, HOLD

- 53-54 Step right foot to right side, cross step left foot behind right foot
&55&56 Step right foot to right side, touch left heel to left diagonal, step left foot beside right foot, cross step right foot over left
57&58 Step left foot to left side, close right foot to left foot, step left foot to left side
59-60 On ball of left foot make ½ hinge turn right stepping on to right foot, hold

CROSS, RECOVER, SIDE, RECOVER, BEHIND, SIDE, CROSS

- 61& Cross step left foot over right foot, recover weight to right foot
62& Rock step left foot to left side, recover weight to right foot
63&64 Cross step left foot behind right foot, step right foot to right side, cross step left foot over right foot

REPEAT

This dance is dedicated to the Birth of the First child of Catherine & myself, "Louisa Elizabeth Sykes Mason" on the 10th July 2003
