

You Better Run

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adriano Castagnoli (IT) - July 2011
音樂: You Better Run - Tori Darke



2 SWIVEL RIGHT, 2 KICK RIGHT, ROCK BACK RIGHT

- 1-2 Taking Weight Onto Right Heel And Left Toe Swivel Both Toes To Right, Return Feet To Centre
- 3-4 Repeat 1-2
- 5-6 Kick Right Forward (Twice)
- 7-8 Rock Back On Right, Return On Left

LOCK FORWARD RIGHT, HOLD, FULL TURN RIGHT, HOOK

- 1-2 Step Right Forward, Lock Left Behind Right
- 3-4 Step Right Forward, Hold
- 5-6 Step Left Forward, Pivot $\frac{1}{2}$ Turn Right (Weight On It)
- 7-8 Turning $\frac{1}{2}$ To Right Step Left Back, Hook Right Over Left

STEP, SCUFF, 2 JUMP ONTO RIGHT, STEP, STOMP, SWIVEL HEELS

- 1-2 Step Right To Right, Scuff Left Beside Right
- 3-4 Jumping Onto Right And Leg Left Up (Twice)
- 5-6 Step Left Forward, Stomp Right Forward
- 7-8 Swivel Both Heels To Right, Return Heels To Centre

STEP, BACK, KICK, CROSS, POINT RIGHT, BACK, POINT LEFT, SLAP

- 1-2 Step Left To Left Side, Step Right Back
- 3-4 Kick Left Forward, Cross Left Over Right
- 5-6 Point Right Toe To Right, Step Right Behind Left
- 7-8 Point Left Toe To Left, Slap Right On Left Heel Behind Right

GRAPEVINE LEFT, STOMP, ROCK STEP, TOE BACK, TURN $\frac{1}{2}$ RIGHT

- 1-2 Step Left To Left, Cross Right Behind Left
- 3-4 Step Left To Left, Stomp Right
- 5-6 Rock Forward Onto Right, Return On Left
- 7-8 Touch Right Toe Back, Turn $\frac{1}{2}$ To Right

CHASSE LEFT, ROCK BACK, TURN $\frac{1}{4}$ LEFT, STOMP, TURN $\frac{1}{4}$ LEFT, STOMP

- 1&2 Step Left To Left, Close Right Beside Left, Step Left To Left
- 3-4 Rock Back Onto Right, Return Onto Left
- 5-6 Turning $\frac{1}{4}$ To Left Step Right To Right, Stomp Left
- 7-8 Turning $\frac{1}{4}$ To Left Step Left Forward, Stomp Right

TOES STRUT BACK, ROCK BACK, 2 STOMP

- 1-2 Step Right Toe Back, Drop Right Heel Taking Weight
- 3-4 Step Left Toe Back, Drop Left Heel Taking Weight
- 5-6 Rock Back Onto Right, Return On Left
- 7-8 Stomp Right Beside Left, Stomp Right To Right Side

SWIVEL HEELS, POINT RIGHT, CROSS BACK, TURN $\frac{1}{2}$ RIGHT, STOMP

- 1-2 Swivel Both Heels To Right, Return Heels To Centre
- 3-4 Repeat 1-2
- 5-6 Point Right Toe To Right, Cross Right Toe Behind Left

7-8 Taking Weight On Toes Make ½ Turn To Right, Stomp Left

REPEAT

RESTART: After 36 count of the 6th repetition restart the dance again
