

# Running Out of Air

COPPER KNOB  
BY STEPHEN

拍數: 56      牆數: 4      級數: Improver  
編舞者: Roz Chaplin (UK) - October 2012  
音樂: Runnin' Out of Air - Love and Theft : (CD: Love and Theft)



Intro - Start on: "I Gotta Catch My Breath"

## CROSS ROCK, SIDE ROCK, SHUFFLE FORWARD X2

1-2      Cross rock right over left, recover onto left  
3-4      Rock right to right side, recover onto left  
5&6      Step forward on right, close left beside right, step forward right  
7&8      Step forward on left side, close right beside left, step forward left

## MONTEREY ½ TURN. MONTEREY ¼ TURN

1-2      Touch right to right side, on ball of left make ½ turn stepping right beside left (6)  
3-4      Touch left to left side, step left beside right  
5-6      Touch right to right side, turn ¼ right stepping right beside left (9)  
7-8      Touch left to left side, step left beside right

## FORWARD ROCK, STEP LOCK STEP, STEP LOCK STEP, BACK ROCK

1-2      Rock forward right, recover onto left  
3&4      Step back on right, lock left in front of right, step back on right  
5&6      Step back on left, lock right in front of left, step back on left  
7-8      Rock back on right, recover onto left

## SIDE ROCK BEHIND, SIDE, CROSS, SIDE ROCK BEHIND ¼ TURN

1-2      Rock right to right side, recover onto left  
3&4      Cross right behind left, step left to left side, cross right over left  
5-6      Rock left to left side, recover onto right  
7&8      Cross left behind right, turn ¼ turn right stepping to right side, step forward on left (12)

Restart Here Wall 5

## FORWARD ROCK, FULL TURN, REVERSE ROCKING CHAIR

1-2      Rock forward on right, recover onto left  
3-4      Make ½ turn back stepping right forward, ½ turn stepping back on left  
5-6      Rock back on right, recover onto left  
7-8      Rock forward on right, recover onto left

## SIDE ROCK, CROSS SHUFFLE, SIDE, ¼ TURN, LEFT SHUFFLE FORWARD

1-2      Rock right to right side, recover onto left  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Step left to left side, ¼ turn right stepping right to right side (3)  
7&8      Step forward left, close right beside left, step left forward

Restart Here Wall 2

## TOE STUTS X2, JAZZ BOX

1-2      Touch right toe forward, Drop right heel taking weight  
3-4      Touch left toe forward, drop left heel taking weight  
5-6      Cross right over left, step back on left  
7-8      Step right to right side, step forward on left