

# You Better Run

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Adrian Helliker (FR) & Eddie Huffman (USA) - February 2013  
音樂: Ladykiller - Maroon 5 : (CD: Overexposed)



**Intro: Start on lyrics**

## [1-8] WALK FORWARD, MAMBO STEP, WALK BACK, COASTER STEP ¼ TURN LEFT

1-2            Step right forward, step left forward  
3&4           Rock right forward, recover onto left, step right back  
5-6           Step left back, step right back  
7&8           Turn ¼ left, step back left, step right together, step left forward (9:00)

## [9-16] STEP LOCK STEP, ½ PIVOT RIGHT, KICK BALL STEP, TWICE

1&2           Step right forward, cross left behind, step right forward  
3&4           Turn ½ right, chassé forward left-right-left (3:00)  
5&6           Kick right foot fwd, step down on ball of right, step left next to right  
7&8           Kick right foot fwd, step down on ball of right, step left next to right

## [17-24] SYNCOPATED JAZZ, ¼ TURN RIGHT, WALK FORWARD, SIDE ROCK RECOVER, STEP FORWARD, SIDE ROCK RECOVER, STEP FORWARD

1&2           Cross right over left, step left back, turn ¼ turn right, step right forward (6:00)  
3-4           Step left forward, step right forward  
5&6           Rock left to side, recover to right, step left forward (dance with bounce - samba style)  
7&8           Rock right to side, recover to left, step right forward (dance with bounce - samba style)

## [25-32] CROSS ROCK, RECOVER, 1/4 TURN TRIPLE STEP, TOE STRUTS x 2

1-2           Cross left over right, recover to right  
3&4           Turn ¼ left and chassé side left-right-left (3:00)  
5-8           Touch right to forward, drop right heel, touch left toe forward, drop left heel

**REPEAT**

**TAG: At end of wall 3, facing 9:00, add the following 8 counts:**

1-2           Bump hips to right twice  
3-4           Bump hips to left twice  
5-8           Bump hips to right, left, right, left

**Then Start from beginning.**

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