

Young Hearts Run Free

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 4

Level:

Choreographer: Gabriella Garcia (USA), Molly Rettell (USA), Kendra Upton (USA) & Elizabeth Ruckman (USA) - June 2025

Music: Young Hearts Run Free - Candi Staton



****2 tags and restarts, 1 restart with no tag.**

Dance begins after 16 counts

[1-8] Grapevine, Heel tap, cross heel, back heel, step together

- 1,2,3,4 Step R to R side, cross L behind R, step R to R side, touch L next to R
- 5 L heel forward
- 6 R heel, hitch R up and across the front of body to tap with left hand
- 7 Tap R heel behind with hitch of R
- 8 R step next to L

[9-16] Side shuffle, ½ turn, side shuffle, point and point, heel and heel

- 1&2 L stepping L to L side, step R together, step L to L side
- 3&4 ½ over left shoulder, L stepping L to L side, step R together, step L to L side (6:00 wall)
- 5&6& R point and together, L point and together
- 7&8& R heel and together, L heel and together

[17-24] slide behind and heel and cross, slide behind and heel and heel

- 1&2&3&4 slide R side (finishing weight on R), L behind R, Step R to R side, L heel forward, step L to L side, cross R over L
- 5&6&7&8 Slide L side (finishing weight on L), step R behind L, step L to L side, R heel forward, step R to R side, L heel forward

[25-32] Shuffle, shuffle, pivot turn, ¼ turn, clap

- 1&2 Step L fwd, step R together, step L fwd
- 3&4 Step R fwd, step L together, step R fwd
- 5&6 L forward pivot ½ turn over R shoulder (weight finishing on R) (12:00), ¼ turn over R shoulder stepping L to L side
- 7,8 R stomp, clap

[33-40] Shuffle back, shuffle back, coaster step, scuff turn

- 1&2 Step R back, step L together, step R back (1/2 turn over right, scuff L, step L next to R)
- 3&4 Step L back, step R together, step L back
- 5&6 Step back R foot, bring L foot together with R, step R forward
- 7,8 1/2 turn over R, scuff L, step L next to R (9:00)

[41-48] Heels- toes, heels-toes, side shuffle, turn shuffle

- 1,2, 3, 4 Twisting to the R, swivel toes to R, then heels to the right, repeat x2
- 5&6 step R to R side, step L next to R, step R to R side
- 7&8 Making ½ turn over L shoulder, step L to L side, step R next to L, step L to L side (3:00)

[49-56] Locking step, scuff, locking step, scuff

- 1,2,3,4 Step R forward, Step L behind R, Step R forward, L scuff (move diagonally)
- 1,2,3,4 Step L forward, Step R behind L, Step L forward, R scuff (move diagonally) (6:00)

[57-64] jazz box ¼ turn, step-clap, step-clap

- 1,2,3,4 Making ¼ turn over R shoulder, R cross over L, L back, R side, L forward (9:00)
- 5,6 Step R to R side, clap

7,8 Step L to L side, clap (3:00)

TAG: 4 count tag (wall #2 and #5)

1,2 ½ turn over L shoulder, step R forward, pivot (weight finishing on L)

3,4 R stomp next to L, clap

Restart

Wall #7 (see map)

Map:

Wall #1 64 counts (12:00)

Wall #2 16 counts (Tag #1 4 counts) (3:00)

Wall #3 64 Counts (3:00)

Wall #4 64 Counts (6:00)

Wall #5 16 Counts (Tag #2 4 counts) (9:00)

Wall #6 64 Counts (9:00)

Wall #7 16 Counts (Restart no tag) (9:00)

Wall #8 64 Counts (12:00)

Wall #9 64 counts (3:00)

Wall #10 Fade out (6:00)
