

# Running Free

**COPPER KNOB**  
BY STEPHEN HETS

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Neville Fitzgerald (UK) & Julie Harris (UK) - October 2012

**Music:** Run Free - Rebecca Ferguson : (Album: Heaven - Deluxe Edition - iTunes)



## Starts After 16 Counts

### Step, Rock Step, Back 1/2 Step, Rock Step, Coaster Cross.

- 1-3 Step forward on Left, rock forward on Right, recover on Left.
- 4&5 Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right.
- 6-7 Rock forward on Left, recover on Right..
- 8&1 Step back on Left, step Right next to Left, cross step Left over Right.

### Side, Together, Side Together Cross, Side, Cross, Chasse 1/4.

- 2-3 Step Right to Right side, step Left next to Right.
- 4&5 Step Right to Right side. Step Left next to Right, cross step Right over Left
- 6-7 Step Left to Left side, cross step Right over Left.
- 8&1 Step Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left.

### Step, 1/2, Rock & 1/2, Step, 1/2 Pivot, Left Lock Step.

- 2-3 Step forward on Right, pivot 1/2 turn to Left.
- 4&5 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward on Right.
- 6-7 Step forward on Left, pivot 1/2 turn to Right.
- 8&1 Step forward on Left, lock Right behind Left, step forward on Left.

### Point, Behind, Rock & Cross, Touch, Step Back, Behind & Cross.

- 2-3 Point Right to Right side, step Right back & behind Left.
- 4&5 Rock Left to Left side, recover on Right, cross step Left over Right.
- 6-7 Touch Right toe forward, step back on Right.
- 8&1 Sweep Left out & step behind Right, step Right to Right side, cross step Left over Right.

### Rock Step, Behind & Cross, Rock Step, Sailor 5/8 Cross.

- 2-3 Rock Right to Right side, recover on Left
- 4&5 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- 6-7 Rock Left to Left side, recover on Right.
- 8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn to Left stepping Right next to Left, 1/4 turn to Left cross stepping Left over Right. (facing 1:30)

### Touch, Kick, Back Lock Back, Touch, Kick, Sailor 3/8.

- 2-3 Touch Right next to Left, kick Right forward. (facing 1:30)
- 4&5 Step back on Right, lock Left over Right, step back on Right. (Travel back on diagonal facing 1:30)
- 6-7 Touch Left in front & slightly across Right, kick Left forward.
- 8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/8 turn to Left stepping Right next to Left, step forward on Left. (9:00) \*\*R\*\*

### Rock Step, 1/2 Shuffle Turn, Step, 1/2, Shuffle 1/2.

- 2-3 Rock forward on Right, recover on Left.
- 4&5 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right. (3:00)
- 6-7 Step forward on Left, make 1/2 turn to Left stepping back on Left.
- 8&1 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn to Left stepping forward Left.

**Cross, Back, Back Cross Back, Back Rock, Step 1/2 (Step).**

2-3 Cross Right over Left, step back on Left.

4&5 Step back on Right, lock Left over Right, step back on Right.

6-7 Rock back on Left, recover on Right.

8& (1) Step forward on Left, pivot 1/2 turn to Right, (step forward on Left).

**\*\*R\*\* Restart: Wall 2**

**Dance Up To & Including Counts 8& Section 6 (4&8) .. Then Restart Dance From Beginning Facing Back Wall.**

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