

# Running On High

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Ria Vos (NL) - November 2021  
音乐: Ran into You (feat. Trisha Yearwood) - Mitch Rossell



## Intro: 16 Counts

**Basic NC R, ¼ R, ½ R, Step Pivot ¼ R, 1/8 R Step Fwd w/Sweep, Cross, 1/8 R Side, Rock Back, ¼ L, ½ L**

- 1-2&      Step R to R Side, Step L Behind R, Cross R Slightly over L
- 3&      ¼ Turn R Step Back on L, ½ Turn R Step Fwd on R (9:00)
- 4&      Step Fwd on L, Pivot ¼ Turn R (12:00)
- 5      1/8 Turn R Step Fwd on L Sweeping R from Back to Front (1:30)
- 6&      Step R Fwd and Slightly Crossed Over L, 1/8 Turn R Step L to L Side (3:00)
- 7&      Rock Back on R, Recover on L
- 8&      ¼ Turn L Step Back on R, ½ Turn L Step Fwd on L (6:00)

**Prissy Walk x2, Rocking Chair, Lunge R, Full Turn L, Side, Touch, Side, Touch**

- 1-2      Step R Fwd Slightly Crossed over L, Step L Fwd Slightly Crossed over R
- 3&4&      Rock Fwd on R, Recover on L, Rock Back on R, Recover on L \*\*\*Restart Wall 3
- 5      Step and Lunge R to R Side
- 6&      ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R (9:00)
- 7&      ¼ Turn L Step L to L Side, Touch R Next to L (6:00)
- 8&      Step R to R Side, Touch L Next to R

**Side, Behind, Side, Cross Rock, ¼ R, ½ R, ¼ R Side w/ Sweep, Weave R, Sweep, Behind, ¼ L**

- 1-2&      Step L to L Side, Step R Behind L, Step L to L Side
- 3&      Cross Rock R Over L, Recover on L
- 4&      ¼ Turn R Step Fwd on R, ½ Turn R Step Back on L (3:00) \*\*\*Restart Wall 6
- 5      ¼ Turn R Step R to R Side Sweeping L in Front (6:00)
- 6&7      Cross L Over R, Step R to R Side, Step L Behind R Sweeping R from Front to Back
- 8&      Step R Behind L, ¼ Turn L Step Fwd on L (3:00)

**Diagonal R Step Lock Step, Diagonal L Step Lock Step, 1/8 L Rock Fwd, Slide Back, Coaster Step, Step Pivot 5/8 L**

- 1&2      Step R Fwd to R Diagonal, Lock L Behind R, Step R Fwd to R Diagonal
- &3&      Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal
- 4&      Stay on L Diagonal (so this is 1/8 Turn L) Rock Fwd on R Recover on L (1:30)
- 5      Step R Big Step Back Dragging L Towards R
- 6&7      Step Back on L, Step R Next to L, Step Fwd on L
- 8&      Step Fwd on R, Pivot 5/8 Turn L (6:00)

## Restarts:

On wall 3 After Count 12& (6:00), On wall 6 After Count 20& Turn your ¼ Turn R to complete the Full Turn R to Start again with Count 1 (12:00)