

# Born To Run (To Me)

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Steve Mason (UK)  
音乐: She Was Born to Run - Brooks & Dunn



## FULL TURN RIGHT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

- 1-2      Step right foot  $\frac{1}{2}$  turn right, continuing right make a further  $\frac{1}{2}$  turn stepping on to left foot  
**Easier option: step right foot to right side, cross step left foot behind right foot**  
3&4      Step right foot to right side, close left foot to right foot, step right foot to right side  
5&6      Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot  
7&8      Kick left foot to right diagonal, step on to ball of left foot, step diagonally forward on right foot

## FULL TURN LEFT, SIDE SHUFFLE, DIAGONAL KICK BALL STEP TWICE

- 9-10      Step left foot  $\frac{1}{2}$  turn left, continuing left make a further  $\frac{1}{2}$  turn stepping on to right foot  
**Easier option: step left foot to right side, cross step right foot behind left foot**  
11&12      Step left foot to left side, close right foot to left foot, step left foot to left side  
13&14      Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot  
15&16      Kick right foot to left diagonal, step on to ball of right foot, step diagonally forward on left foot

## FORWARD ROCK, RECOVER, $\frac{1}{2}$ TRIPLE TURN, FORWARD, FULL TURN RIGHT, HOOK, SHUFFLE

- 17-18      Rock step forward on right foot, recover weight to left foot  
19&20      Triple step right, left, right making  $\frac{1}{2}$  turn right  
21-22      Step forward on left foot while making a full turn right on ball of foot, hook right foot over left shin  
**Easier option: step forward on left foot, hook right foot over left shin**  
23&24      Step forward on right foot, close left foot to right foot, step forward on right foot

## FORWARD ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, SAILOR STEP, CROSS, BACK $\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE SHUFFLE

- 25-26      Rock step forward on left foot, recover weight to right foot  
27&28      Triple step left, right, left, on the spot making a full turn left  
**Easier option: left coaster step**  
29-30      Cross step right foot over left foot, step left foot to left side  
31&32      Cross step right foot behind left foot, rock step left foot to left side, recover weight to right foot  
33-34      Cross step left foot over right foot, make a  $\frac{1}{4}$  turn left stepping back on right foot  
&35&36      Make  $\frac{1}{4}$  turn left, step left foot to left side, close right foot to left foot, step left foot to left side

## DIAGONAL FORWARD, TOUCH, LEFT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN RIGHT

- 45-46      Step right foot forward on a left diagonal, touch left toes to right heel  
47&48      Step diagonally back on left foot, step right foot next to left foot, step diagonally forward on left foot  
49-50      Rock step diagonally forward on right foot, recover weight to left foot  
51&52      Triple step, right, left, right, making  $\frac{1}{2}$  turn right

## DIAGONAL FORWARD, TOUCH, RIGHT COASTER, FORWARD ROCK, RECOVER, TRIPLE $\frac{3}{4}$ TURN LEFT

- 37-38      Step left foot forward on a left diagonal, touch right toes to left heel  
39&40      Step diagonally back on right foot, step left foot beside right foot, step forward on right foot  
41-42      Rock step diagonally forward on left foot, recover weight to right foot  
43&44      Triple step left, right, left making  $\frac{3}{4}$  turn left

**SIDE, BEHIND, VAUDEVILLE HEEL & CROSS, SIDE SHUFFLE, ½ HINGE TURN, HOLD**

- 53-54 Step right foot to right side, cross step left foot behind right foot  
&55&56 Step right foot to right side, touch left heel to left diagonal, step left foot beside right foot, cross step right foot over left  
57&58 Step left foot to left side, close right foot to left foot, step left foot to left side  
59-60 On ball of left foot make ½ hinge turn right stepping on to right foot, hold

**CROSS, RECOVER, SIDE, RECOVER, BEHIND, SIDE, CROSS**

- 61& Cross step left foot over right foot, recover weight to right foot  
62& Rock step left foot to left side, recover weight to right foot  
63&64 Cross step left foot behind right foot, step right foot to right side, cross step left foot over right foot

**REPEAT**

This dance is dedicated to the Birth of the First child of Catherine & myself, "Louisa Elizabeth Sykes Mason" on the 10th July 2003

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