

# Runnin' For My Life

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Pat Newell (USA) - 4 November 2020  
音樂: Bye Bye Boogie - Tomson & Parish



Patio Dancing 2020

#8 ct in

**TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER TO 1/4 WALL RIGHT 3:00**

1&2 3-4      Triple right, rock back on left, recover on right

5&6 7-8      Triple left, rock back on Right, recover to 1/4 wall right step on left 3:00

**HEEL STAND, HEEL STAND RIGHT CURTSY, LEFT HEEL STAND**

1-4      Right heel fwd, step on right, left heel fwd, step on Left

5-8      Touch Right behind L, step on right, left heel fwd, step on left

**STEP RIGHT, TOUCH LEFT TOUCH, 2 1/4 PIVOTS LEFT**

1-4      Step right, touch left beside right, step left, touch right beside left

5-8      Step fwd on right, pivot 1/4 left, step fwd on right, pivot 1/4 left 9:00

**WALK BACK WAVING GOODBYE, STEP LOCK STEP TOUCH**

1-4      Walk back right, left, right, touch left (wave goodbye)

5-8      Step fwd on left, lock right behind left, step fwd on left, touch right

**No Tags No Restarts**

**Dance for the health of it.**

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