

# Always on the Run

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Anette Schnare (DE) - February 2024  
音樂: Always on the run - ISAAK



## Intro: 8 Counts

### Section 1: Side rock/Recover, Cross Shuffle, ¼ Back, ¼ Side, ½ Chasse

- 1-2              rock R out to R side, recover weight onto L (12:00)
- 3&4             cross R over L, step L to L side, cross R over L (12:00)
- 5-6             turn ¼ R stepping L back (3:00), turn ¼ R stepping R to R side (6:00)
- 7&8             turn ½ R stepping L side, R close to L, L side (12:00)

### Section 2: Back Rock/Recover, Kick-Ball-Change (diagonal) (2X), Side , ¼ Back

- 1-2              Rock back onto R, recover weight fwd onto L (12:00)
- 3&4             kick R fwd, step R beside L, step L fwd (1:30) (12:00)
- 5&6             kick R fwd, step R beside L, step L fwd (1:30) (12:00)
- 7-8             stepping R to R side (12:00), turn ¼ L stepping L back (9:00)

### Section 3: Coaster Step, Lock Shuffle Forward L, Pivot ½, Walk R, Walk L

- 1&2              Step R back, step L beside R, step R fwd (9:00)
- 3&4             step L fwd, lock R behind R, step L fwd (9:00)
- 5-6             step R fwd, pivot ½ turn over L (3:00)
- 7-8             Step R fwd, step L fwd, (3:00)

### Section 4: Vaudevilles L + R, Pivot ½, Pivot ½,

- 1&2              Cross R over L, step L to L side, touch R heel fwd into R diagonal (3:00)
- &3&             Step R beside L, cross L over R, step R to R side (3:00)
- 4&              Touch L heel fwd into L diagonal, step L beside R (3:00)
- 5-6             step R fwd, pivot ½ turn over L (9:00)
- 7-8             step R fwd, pivot ½ turn over L (3:00)

## Repeat

Please dance through the quieter bridge with restraint.

Since the music ends with a fade out, think of a nice closing pose to express yourself and turn to 12 o'clock wall.

Have fun, go mad.