

# Running Down a Dream

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Cathy Snow (USA) - August 2024  
音樂: Runnin' Down A Dream - Luke Combs



Intro: 32 counts

## [1-8] HEEL SPLITS, HEEL SWITCHES

- 1-2      Keep weight on balls of feet. Move both feet out to opposite sides, then back together.
- 3-4      Keep weight on balls of feet. Move both feet out to opposite sides, then back together.
- 5-6      Touch R heel forward, step R beside L
- 7-8      Touch L heel forward, step L beside R

## [9-16] HEEL SPLITS, HEEL SWITCHES

- 1-2      Keep weight on balls of feet. Move both feet out to opposite sides, then back together
- 3-4      Keep weight on balls of feet. Move both feet out to opposite sides, then back together
- 5-6      Touch R heel forward, step R beside L
- 7-8      Touch L heel forward, step L beside R

## [17-24] TOE STRUTS R, L; 1/8 HIP ROLL X 2

- 1-2      Touch R toe forward, Drop R heel (take weight)
- 3-4      Touch L to forward, Drop L heel (take weight)
- 5-6      Step RF out R turn making 1/8 turn L turn rolling hips 5,6.
- 7-8      Repeat 5,6 finish with weight on L foot

## [25-32] LINDY R, LINDY L

- 1&2      Shuffle R, L, R to R side
- 3-4      Rock back on L behind R, recover R
- 5&6      Shuffle L, R, L to left side
- 7-8      Rock back on R behind L, recover

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**\*\*Still looking for demos or teach as I am still unable to dance from TKR.**