

Always On The Run

COPPER KNOB
STEPSHEETS

拍數: 120 牆數: 4
編舞者: Fabian Müller (CH) - July 2025
音樂: Runnin' - Cooper Alan

級數: Low Advanced



Description Part A 32c, Part B 64c, Tag1 16c, Tag2 8c

A – A – A (16c) – B – Tag 1 – A – A – B – 2x Tag 1 – A – Tag 2 – B – 2x Tag 1 – A (16c) – 2x Tag 1 – Final

Part A

Sect 1 SIDE, STOMP UP, SIDE, STOMP UP, ROCK, STOMP UP, BACK, HOLD

- 1 – 2 Step R – Stomp up L next to R
- 3 – 4 Step L – Stomp up R next to L
- 5 – 6 Rock forward R – Recover on L with a stomp
- 7 – 8 Step back R – Hold

Sect 2 COASTER STEP, STOMP UP, BACK ROCK, RECOVER, KICK, FLICK

- 1 – 2 Step back L – Step R next to L
- 3 – 4 Step forward L – Stomp up R next to L
- 5 – 6 Jumping back rock R – Recover on L
- 7 – 8 Kick forward R – Flick back R

Sect 3 RUN, RUN, RUN, HOLD, ROCK, RECOVER, TOE STRUT

- 1 – 2 Step forward R – Step forward L
- 3 – 4 Step forward R - Hold
- 5 – 6 Rock forward L – Recover on R
- 7 – 8 Touch L toe back – Step on L back

Sect 4 ½ TURN, TOE STRUT, TOE STRUT, BACK ROCK, RECOVER, STOMP, HOLD

- 1 – 2 ½ Turn right and touch R toe forward – Step on R forward
- 3 – 4 Touch L toe forward – Step on L forward
- 5 – 6 Jumping back rock R – Recover on L
- 7 – 8 Stomp up R next to L – Hold

Part B

Sect 1 JUMPING GRAPEVINE, FLICK, KICK, KICK, CROSS, KICK

- 1 – 2 Jump on L slightly to right and kick forward R – Jump on R slightly to right and flick L behind R
- 3 – 4 Jump on L slightly to right and kick forward R – Jump on R and flick L back
- 5 – 6 Kick forward L – Jump on L and kick forward R
- 7 – 8 Jumping cross R in front of L – Jump on L and kick forward R

Sect 2 BACK ROCK, RECOVER, RUNNING MAN X3

- 1 – 2 Jumping back rock on R – Recover on L
- 3 – 4 Jump out with R in front and L back – Jump on R back to center and hitch L
- 5 – 6 Jump out with L in front and R back – Jump on L back to center and hitch R
- 7 – 8 Jump out with R in front and L back – Jump on R back to center and hitch L

Sect 3 JUMPING GRAPEVINE, FLICK, KICK, KICK, CROSS, KICK

- 1 – 2 Jump on R slightly to left and kick forward L – Jump on L slightly to left and flick R behind L
- 3 – 4 Jump on R slightly to left and kick forward L – Jump on L and flick R back
- 5 – 6 Kick forward R – Jump on R and kick forward L

7 – 8 Jumping cross L in front of R – Jump on R and kick forward L

Sect 4 BACK ROCK, RECOVER, RUNNING MAN X3

1 – 2 Jumping back rock on L – Recover on R
3 – 4 Jump out with L in front and R back – Jump on L back to center and hitch R
5 – 6 Jump out with R in front and L back – Jump on R back to center and hitch L
7 – 8 Jump out with L in front and R back – Jump on L back to center and hitch R

Sect 5 RUNNING STOMP, RUNNING STOMP, SCUFF, HITCH, SLIDE, STOMP, STOMP UP

1 – 2 Stom forward R – Stomp forward L
3 – 4 Scuff R next to L – Hitch R
5 – 6 Big step back R – Slide L towards R
7 – 8 Stomp L next to R – Stomp up R next to L, right toe pointing diagonal left

Sect 6 SWIVEL TOE HEEL TOE, STOMP UP, SWIVEL TOE HEEL TOE, STOMP UP

1 – 2 Swivel R toe to right – Swivel R heel to right
3 – 4 Swivel R toe to right – Stomp up L next to R – left toe pointing diagonal right
5 – 6 Swivel L toe to left – Swivel L heel to left
7 – 8 Swivel L toe to left – Stomp up R next to L

Sect 7 ¼ TOE STRUT TURN, ¼ TOE STRUT TURN, BACK ROCK, RECOVER, ¼ TOE STRUT TURN

1 – 2 ¼ Turn right and touch R toe to forward (03:00) – Step on R
3 – 4 ¼ Turn right and touch L toe to side (06:00) – Step on L
5 – 6 Back rock R – Recover on L
7 – 8 ¼ Turn left and touch R toe back (03:00) – Step on R

Sect 8 ¼ SAILOR TURN, SCUFF, TOUCH, TOGETHER, TOUCH, TOGETHER

1 – 2 ¼ Turn left and step back L (12:00) – Step R next to L
3 – 4 Step forward L – Scuff R next to L
5 – 6 Touch R toe forward – Step R next to L
7 – 8 Touch L toe forward – Step L next to R

TAG 1

Sect 1 RUNNING MAN X3, STOMP, HOLD

1 – 2 Jump out with R in front and L back – Jump on R back to center and hitch L
3 – 4 Jump out with L in front and R back – Jump on L back to center and hitch R
5 – 6 Jump out with R in front and L back – Jump on R back to center and hitch L
7 – 8 Stomp forward L – Hold

Sect 2 ROCK, RECOVER, BACK, HOLD, COASTER STEP, HOLD

1 – 2 Rock forward R – Recover on L
3 – 4 Step back R – Hold
5 – 6 Step back L – Step R next to L
7 – 8 Step forward L – Hold

TAG 2

Sect 1 KICK, CROSS, UNWIND, HOLD x4

1 – 2 Kick R forward – Cross R in front of L
3 – 4 ½ Unwind, ending with weight on L
5 – 6 Hold – Hold
7 – 8 Hold – Hold

Finals

1 Jump out with R in front and L back

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