

RUN FOR LIFE

COPPER KNOB
BY CORNELIUS

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Pam Pelsler (SA) and Alan Haywood (UK)

Music: I Run For Life by Melissa Etheridge From The Cd The Road Less Travelled (



Intro 8 counts – start on vocals

Section 1

R side, L next to R, R side, rock and cross & L side, R next to L, L side rock and cross

- 1-2 Step right to side, step left next to right
3&4 Rock right to right side, step left next to right, cross step right over left (diagonally left)
5-6 Step left to left side, step right next to left
7&8 Rock Left to left side, Step right next to left, cross step left over right (diagonally right) 1 o'clock

RESTART: End of walls 3 and 7 (both 3 o'clock)

TAG: End of wall 8, add tag. See below.

Section 2

Rock forward R, recover L, run back R L R (making ¼ L), Rock back L, recover R, Run forward L R L

- 1-2 Rock forward on right (right diagonal 1 o'clock), recover back onto left
3&4 Run back right left right making a ¼ turn left (diagonally 11 o'clock)
5-6 Rock back onto left, recover onto right
7&8 Run forward left right left squaring up to 12 o'clock

Section 3

Cross rock, right over, recover L, ½ turn R Sailor step, L forward mambo, R Coaster step

- 1-2 Cross rock right over left, recover weight back onto Left,
3&4 Sweep right from front to back with a ½ turn right stepping right behind left, step left to left side, step right forward. 6 o'clock
5&6 Rock forward onto left, recover weight back onto right, step left next to right
7&8 Step back on right, step left beside right, step forward on right.

Section 4

Rock forward L, recover R, triple ½ L, ¼ L, touch L, L side rock and cross

- 1-2 Rock forward onto left, recover back onto right,
3&4 Triple ½ turn left stepping left right left 12 o'clock
5-6 Turn a ¼ left stepping on right a big step to right side, touch left next to right 9 o'clock
7&8 Rock left to left side, Step right next to left, cross step left over right

Restarts

At the end of walls 3 and 7, (both facing 3 o'clock) do the first 8 counts then restart

Tag

At the end of wall 8, facing 12 o'clock, repeat the first 8 counts, then add following 4 counts 'step right to right side, touch left, step left to left side, touch right'

Optional Ending

You will be facing 3 o'clock doing the first 8 counts. As the music fades, change counts 7 & 8 into ¼ left shuffle spreading arms.

From Pam

This dance was written to honour people who have been affected by cancer.

Thanks to Bernadette Schaap and Madie Calitz for their inspiration

From Alan

Thanks to Pam for letting me be a part of this song and dance.

Email: xelajenn@telkomsa.net or alan.haywood@yahoo.com - Website: www.alanhaywood.co.uk