

# RUN FREE

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Mike Belk

**Music:** Young Hearts Run Free (7-inch Radio Edit) by Respect Feat. Hannah Jones

## ROCK LEFT RECOVER RIGHT, LEFT SAILOR $\frac{1}{4}$ TURN LEFT, WALK RIGHT LEFT, RIGHT SHUFFLE

- 1-2 Rock on left, recover onto right
- 3&4 Step left behind right, step on right to right side turning  $\frac{1}{4}$  left, step left to left side
- 5-6 Walk forward right, left
- 7&8 Step forward on right, step forward left, step forward on right

## CROSS LEFT RECOVER RIGHT, $\frac{1}{4}$ TURN LEFT CHASSE LEFT, RIGHT BEHIND LEFT TURN $\frac{1}{4}$ LEFT STEP LEFT, RIGHT HEEL BALL CROSS

- 1-2 Cross left over right, recover onto right
- 3&4 Step left to left turning  $\frac{1}{4}$  turn left, step right next to left, step left to left side
- 5-6 Step right behind left, turn  $\frac{1}{4}$  left stepping onto left
- 7&8 Touch right heel forward, step back onto right, cross step left over right

**Tag & restart here on 2nd & 6th walls**

## BACK RIGHT LOCK, BACK RIGHT LOCK BACK, ROCK BACK LEFT RECOVER RIGHT, HEEL SWITCHES LEFT & RIGHT

- 1-2 Step back on right, step back left crossing right
- 3&4 Step back right, step back left crossing right, step back right
- 5-6 Rock back on left, recover forward onto right
- 7&8 Touch left heel forward, step back onto left, touch right heel forward

## BACK RIGHT LEFT SHUFFLE, ROCK FORWARD RIGHT RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT SAILOR TURNING $\frac{1}{4}$ RIGHT

- &1-2 Step back onto right, step forward left, step forward right, step forward left
- 3-4 Rock forward right, recover onto left
- 5&6 Step back on right, step back on left, step back on right

**7&8** Step left behind right, step right to right side turning  $\frac{1}{4}$  right, step left to left side

**POINT RIGHT POINT LEFT, & RIGHT HEEL BALL CROSS, ROCK RIGHT RECOVER LEFT, RIGHT COASTER STEP**

**1&2** Point right toe to right side, step right in place, point left toe to left side

**&3&4** Step left in place, touch right heel forward, step back onto right, cross step left over right

**5-6** Rock right to right side, recover onto left

**7&8** Step back onto right, step back onto left, step forward onto right

**STEP LEFT SIDE TOGETHER, CHASSE LEFT, ROCK BACK RIGHT RECOVER FORWARD LEFT, RIGHT KICK BALL TOUCH**

**1-2** Step left to left side, step right next left

**3&4** Step left to left side, step right next to left, step left to left side

**5-6** Rock back on right, recover forward onto left

**7&8** Kick right forward, step back onto right, touch left toe at side of right

**Restart here on 4th wall**

**CROSS LEFT UNWIND  $\frac{1}{2}$  TURN RIGHT, RIGHT CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT, BEHIND LEFT SIDE RIGHT CROSS LEFT**

**1-2** Cross left over right, unwind  $\frac{1}{2}$  turn right (keep weight on left)

**3&4** Cross right over left. Step left to left side, cross right over left

**5-6** Rock left to left side, recover onto right

**7&8** Step left behind right, step right to right side, cross left over right

**$\frac{1}{4}$  TURN LEFT  $\frac{1}{4}$  TURN LEFT, CROSS SHUFFLE, ROCK LEFT RECOVER RIGHT  $\frac{1}{4}$  TURN LEFT, LEFT KICK BALL CROSS**

**1-2** Step back on right turning  $\frac{1}{4}$  left, step left to left side turning  $\frac{1}{4}$  left

**3&4** Cross right over left, step left to left side, cross right over left

**5-6** Rock left to left side, recover onto right turning  $\frac{1}{4}$  left

**7&8** Kick forward on left, step back on left, cross right over left

**REPEAT**

**RESTART**

**On 2nd wall after 16 counts, tag then restart**

**On 4th wall after 48 counts restart no tag**

**On 6th wall after 16 counts tag then restart**

**TAG**

**ROCK FORWARD RIGHT RECOVER LEFT, RIGHT COASTER STEP**

**1-2**      Rock forward right, recover onto left

**3&4**      Step back right, step back left, step forward right