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Run Free

32 Count, 4 Wall, Improver

Choreographer: Lynn Antonucci – USA - February 2017

Choreographed to: Young Hearts Run Free by Gloria Estefan

Introduction: 24 Counts

S1 Rock R Fwd, Rec L, R Side Shuffle, L Rock Back, Rec R, L Kick Ball, Touch R

- 1 – 2 Rock Right Fwd, Recover Left 12:00
- 3 & 4 Shuffle Right To Right Side (RLR)
- 5 – 6 Rock Left Back, Recover Right
- 7 & 8 Kick Left Forward, Step on Left, Touch Right Toe Next To Left

S2 Step R Fwd, Pivot L ¼ Turn L, Shuffle R Fwd, L Over R Jazz Box, Cross R Over L

- 1 – 2 Step Right Forward, Pivot Left ¼ Turn Left 3:00
- 3 & 4 Shuffle Right Forward (RLR)
- 5 – 8 Step Left Over Right, Step Right Back, Step Left To Left Side, Cross Right Over Left

S3 Shuffle L To L Side, Rock R Back, Rec L, Step R Fwd, Step L ¼ Turn L, Walk R Fwd, Walk L Fwd

- 1 & 2 Shuffle L To Left Side (LRL)
- 3 – 6 Rock Right Back, Recover Left, Step R Forward, Pivot L ¼ Turn L 6:00
- 7 - 8 Walk Forward Right, Walk Forward Left

S4 Shuffle R To R Side, Rock L Back, Rec R, Rock R Fwd, Rec R, L Back Coaster Step

- 1 & 2 Shuffle Right To Right Side (RLR)
- 3 – 4 Rock Left Back, Recover Right
- 5 – 6 Rock Left Forward, Recover Right
- 7 & 8 Step Back On Left, Step Back On Right, Step Forward On Left

Repeat and Enjoy

RESTARTS:-

Start Wall 3 Facing 12:00, Dance 1st 20 Counts, Restart Facing 3:00

Start Wall 8 Facing 9:00, Dance 1st 20 Counts, Restart Facing 6:00