



Approved by:



Candi Cha

4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Kick Ball Change, Step, Touch/Clap, Back Shuffle, Back Rock		
1 & 2	Kick right forward. Step right beside left. Step onto left slightly forward.	Kick Ball Change	On the spot
3 - 4	Step right forward. Touch left beside right and clap hands.	Step Touch	Forward
5 & 6	Step left back. Close right beside left. Step left back.	Back Shuffle	Back
7 - 8	Rock right back. Recover onto left.	Back Rock	On the spot
Section 2	Skate x 2, Diagonal Shuffle Forward, Cross Rock, Left Side Shuffle		
1 - 2	Skate right forward. Skate left forward.	Skate Skate	Forward
3	Step right diagonally forward right.	Step	Forward
& 4	Close left beside right. Step right diagonally forward right.	Close Step	
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
7 & 8	Step left to left side. Close right beside left. Step left to left side.	Left Shuffle	Left
Section 3	Cross Rock, 1/4 Turn Shuffle Right, Forward Rock, Coaster Step		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
3 & 4	Shuffle 1/4 turn right, stepping - right, left, right.	Shuffle Turn	Turning right
5 - 6	Rock left forward. Recover onto right.	Forward Rock	On the spot
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 4	Step, Touch/Click, Step, Touch/Click, Full Turn Walk Around		
1 - 2	Step right to right side. Touch left diagonally forward left.	Step Touch	Right
Option:-	Click fingers when touching forward.		
3 - 4	Step down on left. Touch right foot diagonally forward right.	Step Touch	On the spot
Option:-	Click fingers when touching forward.		
5 - 8	Walk full turn right, stepping right, left, right, left.	Full Turn	Turning right
Styling:-	Imagine the walk is 'around your handbag'!		

Choreographed by: Gary Lafferty (UK) March 2007

Choreographed to: 'Young Hearts Run Free' by Candi Staton (114 bpm) from The Best of Candi Staton (or various Candi Staton and compilation albums, eg Soul Sensations or Soul Classics) (16 count intro)

Choreographer's Note: Alternative floor splits - 'Islands in the Stream' or 'Be Strong'



A video clip of this dance is available to members at www.linedancermagazine.com