

YOUNG HEARTS RUN FREE

Level: Intermediate **Genre:** Pop
Artist: Kym Mazelle, Young Hearts Run Free (1996)(Dj Nova Edit)
Choreo: Emma Waters, Capital Cloggers Canberra, ek_waters@hotmail.com
Speed: Normal **Length:** 3.29
Sequence: A, B, Chorus, A, B, Chorus, Interlude, Ending.
Wait: 32 Beats

Quick Cues

PART A (64 Beats)

8 Samantha
4 Travelling Pivot (1/2 R)
4 Rocker
8 Burton Turn Around (1/2 R)
4 2 Step Kick
4 Pivot Chain (FULL L)
32 REPEAT OPP FOOTWORK & DIR

PART B (20 Beats)

8 Cowboy
8 2 Windster
4 Mountain Goat

CHORUS (64 Beats)

8 Clogover Rolling (FULL R)
8 Football (Rft)
8 Swayback (Rft)
8 MJ Kick (Rft)
32 REPEAT OPP FOOTWORK & DIR

PART A (64 Beats)

8 Samantha
4 Travelling Pivot (1/2 R)
4 Rocker
8 Burton Turn Around (1/2 R)
4 2 Step Kick
4 Pivot Chain (FULL L)
32 REPEAT OPP FOOTWORK & DIR

Quick Cues

PART B (20 Beats)

8 Cowboy
8 2 Windster
4 Mountain Goat

CHORUS (64 Beats)

8 Clogover Rolling (FULL R)
8 Football (Rft)
8 Swayback (Rft)
8 MJ Kick (Rft)
32 REPEAT OPP FOOTWORK & DIR

INTERLUDE (64 Beats)

8 Louisiana (1/2 R)
4 Hard Step (1/4 R)
4 Joey (Rft)
48 REPEAT 3 TIMES

ENDING (21 Beats)

16 2 Loop Rougie Vine (L&R)
5 Five Count Samantha



Step Definitions - YOUNG HEARTS RUN FREE

SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

TRAVELLING PIVOT:

DS (OTS) DS (XIF) DS (OTS) PVT (R) / LOOP-S (BK)
L R L L / R R
&1 &2 &3 & 4

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

BURTON TURN AROUND:

DS DT (XIF) SL DT (X) SL [BA BA BA] (1/2 R) S-DR/K SL DS RS
L R L R L R L R L L /R L R LR
&1 & 2 & 3 & 4 & 5 & 6 &7 &8

STEP KICK:

(P) S (P) K
L R
& 1 & 2

COWBOY:

[DS DS DS BR (XIF) H] (FWD) [DS (XIF) R (BK) S (XIF) R (BK) S (XIF) R (BK) S (XIF)] (BK)
L R L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

WINDSTER:

DS BR (XIF) H BR (X) H RS (BR CAN BE DT)
L R L R L RL
&1 & 2 & 3 &4

PIVOT CHAIN:

DS [RS RS RS] (TURN FULL L)
L RL RL RL
&1 &2 &3 &4

MOUNTAIN GOAT:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL
L R L R L R R
&1 & 2 & 3 & 4

CLOGOVER ROLLING:

DS (OTS) DS (XIF) DS (OTS) [DS (XIB) DS] (FULL R) DS DS RS
L R L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

FOOTBALL:

DS-DR/K SL R S-DR/K SL RS DS R S K/DR-SL
L L /R L R L L /R L RL R L R L/R R
&1 & 2 & 3 & 4 &5 &6 & 7 & 8

SWAYBACK:

DS DT (XIF) H DT (X) H T-H (BK) R (BK) S DS DS RS
L R L R L R R L R L R LR
&1 & 2 & 3 & 4 & 5 &6 &7 &8

MJ KICK:

DS DS (XIB) R S (OTS) (P) S (BK) RS DS RS K H
L R L R L RL R LR L R
&1 &2 & 3 & 4 &5 &6 &7 & 8

HARD STEP:

DT (BK) H BR H DS RS
L R L R L RL
& 1 & 2 &3 &4

LOUISIANA STEP:

[DS DS DS DS] (FWD) (P) S (BK) (P) S (BK) PVT (1/2 R) S (FWD) (P) S (FWD)
L R L R L R R L R
&1 &2 &3 &4 & 5 & 6 & 7 & 8

JOEY:

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S
R L R L R L R
&1 & 2 & 3 & 4

FIVE COUNT SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS
L R R L L R LR
&1 &2 & 3 & 4 &5

LOOP ROUGIE VINE:

DS-SL/LOOP-S (XIB) BA (OTS) BA (XIF) SL S DS (XIB) BA (OTS) BA (XIF) DS RS
L L /R R L R L R L R L RL
&1 & 2 & 3 & 4 &5 & 6 &7 &8