Heart On The Run



Compte: 32 Mur: 4 Niveau: Beginner

Chorégraphe: Micaela Svensson Erlandsson (SWE) - April 2017

Musique: Love On The Loose, Heart On The Run - McBride & The Ride



**2 Restarts, both after 22 counts, on wall 4 and 8

Intro: 16 counts

Section 1: ☐ Kick, Behind, Side, Cross, Kick, Behind, Side, Cross.

1-2 Kick right foot diagonally right. Step right behind left.

3-4 Step left to left side. Cross right over left.

5-6 Kick left foot diagonally left. Step left behind right.

7-8 Step right to right side. Cross left over right.

Section 2:□Right Chasse. Back Rock. Left Grapevine ¼ Turn left. Scuff.

1&2 Step right to right side. Close left beside right. Step right to right side.

3-4 Rock back on left. Recover onto right.

5-7 Step left to left side. Cross right behind left. Turn ¼ left stepping forward on left.

8 Scuff right foot forward.

Section 3: ☐ Heel Grind. Coaster Step. Forward Shuffle. Step. Hitch.

1-2 Step forward on right heel and fan toes from left to right. Fall back on left foot.

Step back on right. Step left beside right. Step forward on right.
Step forward on left. Close right beside left. Step forward on left.

Restart here: On wall 4 (Facing 6 O'clock) and Wall 8 (Facing 12 O'clock)

7-8 Step forward on right. Hitch left knee up.

Section 4: ☐ Back Shuffle. Touch. Unwind ½ right. Forward Shuffle. Walk. Walk.

1&2 Step back on left. Close right beside left. Step back on left.

3-4 Touch right toes back. Unwind ½ right.

Step forward on left. Close right beside left. Step forward on left.

7-8 Walk forward on right. Walk forward on left.