

# On The Run

**Compte:** 32

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** K. Sholes (USA) & Shirley Blankenship (USA) - December 2023

**Musique:** On the Run - Ashes & Arrows



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## Section #1: Step, Step, Coaster X2

1 2 3&4 Step R forward, Step L back, Step Step RL back, Step R forward,  
5 6 7&8 Step L forward, Step R back, Step LR back, Step L forward.

## Section #2: Step, Step, Rock, Recover, Cross X2

1 2 3&4 Step R to side, Step L next to R, Rock R to side, Recover L, Step R over L,  
5 6 7&8 Step L to side, Step R next to L, Rock L to side, Recover R, Step L over R.

## Section #3: Rock, Recover, 1/2 turn R Cha Cha, Rock, Recover, Cha Cha

1 2 3&4 Rock R forward, Recover L, Step R 1/4 R, Step L 1/4 R, Step R next L  
5 6 7&8 Rock L to side, Recover R, Step LRL in place.

## Section #4: Heel Tap, Step, Heel Tap, Step, Run Run Run X2

1&2&3&4 Tap R heel forward, Step R back, Tap L heel forward, Step L back, Run RLR forward,  
5&6&7&8 Tap L heel forward, Step L back, Tap R heel forward, Step R back, Run LRL forward.

**Enjoy! It's All About Fun!**

**Last Update: 2 Jan 2024**

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