Compte: 32
Mur: 2
Niveau: Improver
Chorégraphe: Rob Fowler (ES) - July 2024
Musique: On the Run (Stripped) - Ashes \& Arrows : (Stripped version)


Intro: 8 counts (approx. 6s) - start on vocals
S1 (1-8): Diag Fwd R, Touch L, Diag Back L, Touch R, Diag Back R, Touch L, Diag Back L, R Coaster, Run Fwd LRL

1\&
2\&
3\&4
5\&6
7\&8

Step $R$ diagonally forward $R(1)$, touch $L$ next to $R(\&)$
Step $L$ diagonally back $L$ (2), touch $R$ next to $L(\&)$
Step $R$ diagonally back $R(3)$, touch $L$ next to $R(\&)$, step $L$ diagonally back $L$ (4)
Step back on $R(5)$, step $L$ next to $R(\&)$, step forward on $R(6)$
Run forward $L$ (7), run forward $R(\&)$, run forward $L$ (8) [12:00]

S2 (9-16): 3/4 Turn R, R Toe, R Heel, R Stomp Fwd, L Toe, L Heel, L Stomp Fwd
1,2,3,4 Make a $3 / 4$ turn $R$ stepping $R(1), L(2), R(3), L$ (4) [9:00]
5\&6 Touch $R$ toe to $L$ instep (heel out) (5), touch $R$ heel to $L$ instep (toe out) (\&), stomp $R$ forward (6)

7\&8 Touch $L$ toe to $R$ instep (heel out) (7), touch $L$ heel to $R$ instep (toe out) (\&), stomp $L$ forward (8)

S3 (17-24): Diag Fwd R, Touch L, Diag Back L, Touch R, Diag Back R, Touch L, Diag Back L, R Coaster, Run Fwd LRL
Repeat Section 1 (finishes facing 9:00) [9:00]
S4 (25-32): $3 / 4$ Turn R, R Toe, R Heel, R Stomp Fwd, L Toe, L Heel, L Stomp Fwd
Repeat Section 2 (finishes facing 6:00) [6:00]

## Start Over

TAG: The tag is always done facing 6:00 and is at the end of Wall 1 , Wall 3 and Wall 5 :
S1 (1-8): Rock Fwd R, Recover, Rock Side R, Recover, Triple in Place, Rock Fwd L, Recover, Rock Side L, Recover, Triple in Place
1\&2\& Rock forward on $R(1)$, recover on $L(\&)$, rock $R$ to $R$ side (2), recover (\&)
$3 \& 4$
5\&6\&
7\&8
S2 (9-16\&): Side R, Touch L, Side L, Touch R, R Chasse with Touch, Repeat to L
1\&2\& Step $R$ to $R$ side (1), touch $L$ next to $R(\&)$, step $L$ to $L$ side (2), touch $R$ next to $L$ (\&)
3\&4\& Step $R$ to $R$ side (3), step $L$ next to $R(\&)$, step $R$ to $R$ side (4), touch $L$ next to $R(\&)$
5\&6\& Step $L$ to $L$ side (5), touch $R$ next to $L(\&)$, step $R$ to $R$ side (6), touch $L$ next to $R(\&)$
7\&8\& Step $L$ to $L$ side (7), step $R$ next to $L$ (\&), step $L$ to $L$ side (8), touch $R$ next to $L$ (\&)

