

# On The Run

**Compte:** 44

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Warren Fleming (AUS)

**Musique:** Nine Mile Run - Tania Kernaghan



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## **RIGHT FOOT: HEEL, CLOSE, HEEL, CLOSE**

1-4 Tap right heel forward at 45 degrees, bring back in place, tap right heel forward at 45 degrees, bring back in place

## **RIGHT FOOT: BRUSH UP**

5-8 Tap right heel forward at 45 degrees, bring right heel up to left knee, tap right heel forward at 45 degrees, back in place

## **LEFT FOOT: HEEL, CLOSE, HEEL, CLOSE**

9-12 Tap left heel forward at 45 degrees, bring back in place, tap left heel forward at 45 degrees, bring back in place

## **LEFT FOOT: BRUSH UP**

13-16 Tap left heel forward at 45 degrees, bring left heel up to right knee, tap left heel forward at 45 degrees, back in place

## **SIDE, STOMP, SIDE, STOMP**

17-20 Step right to right side, stomp left beside right, step left to left side, stomp right beside left

## **TWISTING TO THE RIGHT**

21-24 Twist on toes heels to the right, twist on heels toes to the right, twist on toes heels to the right, twist on heels toes to the right

## **TWISTING TO THE LEFT**

25-28 Twist on toes heels to the left, twist on heels toes to the left, twist on toes heels to the left, twist on heels toes to the left

## **SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT**

29-34 Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

## **SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT**

35-40 Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

## **STEP, ¼ PIVOT, STOMP RIGHT FOOT, STOMP LEFT FOOT**

41-44 Step right forward, pivot turn ¼ to the left (weight on left), stomp right beside left, stomp left beside right

## **REPEAT**

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