

# Fox On The Run

COPPERKNOB  
STEPSHEETS

拍数: 88      墙数: 4      级数: Improver - Country Polka  
编舞者: Flo Moresteps (FR) - September 2014  
音乐: Fox on the Run - Brett Kissel & Steve Fox : (Album: Tried and True, A Canadian Tribute)



Intro: 6 + 8 counts (starts on "She \*walked\*")

## SECTION 1: Shuffle Fwd, ¼ Shuffle Fwd, Kick, Kick, Coaster step

1&2      Shuffle forward (RLR)  
&3&4      ¼ turn to left, Shuffle forward (LRL) [9.00]  
5-6      Kick R forward, Kick R forward  
7&8      RF back, LF next to RF, RF forward

## SECTION 2: Shuffle Fwd, ¼ Shuffle Fwd, Heel-Hitch(+Claps), Rock Back, Recover, Close, ½ pivot

1&2      Shuffle forward (LRL)  
&3&4      ¼ turn to right, Shuffle forward (RLR) [12.00]  
5&6&      Heel L fwd, Hitch L, Heel L fwd, Hitch L  
**s7&8 LF back, Recover on RF, LF forward**  
9-10      RF forward, ½ turn to left [6.00]

## SECTION 3 (= SECTION 1) [3.00]

## SECTION 4 (= SECTION 2): [12.00]

\* Final on Wall 5 facing 12.00

## SECTION 5: Side Rock, Behind-Side-Cross, Side Rock, Behind-1/4-Step

1-2      RF to the R side, Recover on LF  
3&4      Cross RF behind LF, LF to the L side, Cross RF in front of LF  
5-6      LF to the L side, Recover on RF  
7&8      Cross LF behind RF, ¼ to Right stepping RF forward, Step LF forward [3.00]

## SECTION 6: Toe&Toe & Heel-Hook-Heel & Toe&Toe & Heel-Hook-Heel

1&2&      R toe out, step RF next to LF, L toe out, step LF next to RF  
3&4&      R Heel forward, R Hook in front of LF, R Heel forward, step RF next to LF  
5&6&      L toe out, step LF next to RF, L toe out, step RF next to LF  
7&8&      L Heel forward, L Hook in front of RF, L Heel forward, step LF next to RF

## SECTION 7: Walk, Walk, Shuffle Forward, Hinge Turn, Cross, Clap, Clap

1-2      Walk R, Walk L  
3&4      Step RF forward, Step LF next to RF, Step RF forward  
5-6      ¼ turn to right stepping LF back, ¼ turn right stepping RF forward [9.00]  
7&8      Cross LF in front of RF, clap, clap

## SECTION 8: Side, Touch, Side Shuffle, Sailor step, Sailor step, Jump, Jump

1-2      Step RF to the R side, Touch LF next to RF  
3&4      Step LF to the L side, Step RF next to LF, step LF to the L side  
5&6      Step RF behind LF, Step LF to the L side, Step RF to the right side  
7&8      Step LF behind LF, Step RF to the R side, Step LF to the right side  
9-10      Jump back with both feet, Jump back (weight on LF)

## SECTION 9 (= SECTION 7): [3h]

**SECTION 10 (= SECTION 8): [3h]**

**Start again from Section 1**

**FINAL (On 5th wall after section 4, facing 12.00)**

**MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross**

- 1-2 Step RF to the R side, Recover on LF
- 3&4 Step RF behind LF, Step LF to the L side, Cross RF in front of LF
- 5-6 Step LF to the L side, Recover on RF
- 7&8 Step LF behind RF, Step RF to the R side, Cross LF in front of RF

**Step ½ L, Step ½ L**

- 1-2 Step RF forward, ½ turn to the L [6.00]
- 3-4 Step RF forward, ½ turn to the L [12.00]

**MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross**

**SECTION 6 with a final stomp: Toe&Toes & Heel-Hook-Heel & Toe&Toe &Heel-Hook-Stomp**

- 1&2& R toe out, step RF next to LF, L toe out, step LF next to RF
- 3&4& R Heel forward, R Hook in front of LF, R Heel forward, step RF next to LF
- 5&6& L toe out, step LF next to RF, L toe out, stomp RF forward
- 7&8 L Heel forward, L Hook in front of RF, L Heel forward, Stomp LF

**Breathe in, Look straight ahead, Smile!**

**Last Modified: 17 February, 2018**

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