

# On The Run

**COPPER KNOB**  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Improver / Intermediate  
编舞者: Tricia Bristow (USA) - March 2017  
音乐: Nancy Mulligan - Ed Sheeran



Options: Begin dance "On the summer day..." just after second instrumental (8 beats) with no tags and no restarts.

Or Dance Section 4&5 during the first two lines "I was 24 years old..." and pause for effect during 8 beat instrumental.

Once you begin the dance at "On the summer day..." there will be No Tags and No Restarts. Watch for a slightly slower tempo at the end.

## SECTION 1 – ROCK FORWARD, RECOVER, STEP LOCK STEP, ROCK BACK, RECOVER, STEP LOCK STEP

1-2                      Rock Forward on R Toe with L leg bent with ankle behind R knee; Recover to Left  
3&4                      Step R foot back, lock L in front of right, step R foot back;  
5-6                      Rock Back on L foot while hitching R leg; Recover to R  
7&8                      Step L forward, lock R behind & Step L forward;

## SECTION 2 – SCUFF HITCH R, TOUCH R, TRIPLE RLR IN PLACE

1&2                      Scuff R foot lightly, lift into a hitch and touch R Toe down at home;  
3&4                      Triple RLR in home position; (optional bouncing)  
5&6                      Scuff L foot lightly, lift into a hitch and touch L Toe down at home;  
7&8                      Triple LRL in home position; (optional bouncing)

## SECTION 3 – CROSS ROCK, RECOVER, TRIPLE, CROSS ROCK, RECOVER, TRIPLE

1-2                      Cross Rock R over L; Recover to L;  
3&4                      Triple RLR (Step R to right side, step L together, step R to right side;)  
5-6                      Cross Rock L over R; Recover to R;  
7&8                      Triple LRL (Step L to left side, step R together, step L to left side;)

## SECTION 4 – PIVOT ½, KICK-BALL-STEP, KICK BALL STEP, TOE STRUT, TOE STRUT

1-2                      Step R forward pivot ½ left (6:00); Recovering weight to L;  
3&4                      Kick R forward, Land on R with weight on R, Step forward on L;  
5&6                      Kick R forward, Land on R with weight on R, Step forward on L;  
7-8                      Toe Strut R; Toe Strut L;

## SECTION 5 – PIVOT ½, KICK-BALL-STEP, KICK BALL STEP, TOE STRUT, TOE STRUT

1-2                      Step L forward pivot ½ right(12:00); Recovering weight to R;  
3&4                      Kick L forward, Land on L with weight on L, Step forward on R;  
5&6                      Kick L forward, Land on L with weight on L, Step forward on R;  
7-8                      Toe Strut L; Toe Strut R;

## SECTION 6 – TRIPLE BOX WITH 3 (1/4) TURNS

1&2                      Step R to right side, step L together, step R to right side;  
3&4                      ¼ turn to left (9:00) and step L to left side, step R together, step L to left side;  
5&6                      ¼ turn to left (6:00) and step R to right side, step L together, step R to right side;  
7&8                      ¼ turn to left (3:00) and step L to left side, step R together, step L to left side;

## SECTION 7 – SHUFFLE FORWARD ROCK FORWARD, SHUFFLE BACK ROCK BACK

1&2                      Step right forward (3:00), step left together, step right forward;  
3-4                      Rock left forward; recover to right

5&6 Step left back, step right together, step left back;  
7-8 Rock right back; recover to left;

**SECTION 8 – SYNCOPATED SWITCHES, 3 POINT STAR WITH ¼ TURN**

1&2& Touch R Toe forward (3:00), recover on R ball, Extend L Toe forward, recover to L ball;  
3&4& Touch R Toe forward, recover on R ball, Extend L Toe forward, recover to L ball;  
5-6 Touch R Toe forward, Touch R Toe back;  
7-8 Touch R Toe to right side; Pivot on L, Turning ¼ R (6:00) while Hooking R Over Left

**Begin Again!**

If video is not available, contact me via e-mail: [justdancetab@gmail.com](mailto:justdancetab@gmail.com).

I can also be reached on facebook at:

Tricia A Bristow <https://www.facebook.com/tricia.a.bristow>

through our group ...just Dance: <https://www.facebook.com/groups/justdancemusicandmore>

or at Friends of Line Dancing: <https://www.facebook.com/theFOLDcenter>

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