

On the Run

拍数: 32 墙数: 2 级数: Improver
编舞者: Rob Fowler (ES) - July 2024
音乐: 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& Step R diagonally forward R (1), touch L next to R (&)
2& Step L diagonally back L (2), touch R next to L (&)
3&4 Step R diagonally back R (3), touch L next to R (&), step L diagonally back L (4)
5&6 Step back on R (5), step L next to R (&), step forward on R (6)
7&8 Run forward L (7), run forward R (&), run forward L (8) [12:00]

S2 (9-16): ¾ Turn R, R Toe, R Heel, R Stomp Fwd, L Toe, L Heel, L Stomp Fwd

1,2,3,4 Make a ¾ 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): ¾ 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 Step R in place (3), step L next to R (&), step R in place (4)
5&6& Rock forward on L (5), recover on R (&), rock L to L side (6), recover (&)
7&8 Step L in place (7), step R next to L (&), step L in place (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 (&)