We're on the Run

级数: Beginner

编舞者: Janelle Jansen (AUS) & Gail Buswell (AUS) - October 2024

音乐: On the Run - Kevin Sullivan

Intro: 16 counts, begin on vocals

拍数: 16

[1-8] CHARLESTON STEP,	SIDE ROCK. RECOVER.	STEP TOGETHER (X2)
[· · ·] ············,		,

- 1,2 Swing R leg fwd to touch R toe fwd, swing R leg back to step R foot back
- 3,4 Swing L leg back to touch L toe back, swing L leg fwd to step L foot fwd
- 5&6 Rock R foot to R side, turning head to look R, recover onto L (&), step R beside L, turning head to centre
- 7&8 Rock L foot to L side, turning head to look L, recover onto R (&), step L beside R, turning head to centre

[9 – 16] LEAN FORWARD (HANDS OUT), STAND STRAIGHT (HANDS IN), R COASTER STEP, $\frac{3}{4}$ RUNAROUND TO L

- 1,2 Standing with feet together, lean forward, pushing palms of both hands forward, stand up straight, bringing hands back in
- 3&4 Step R back, step L beside R (&), step R forward
- 5&6&7&8 Run around in a tight arc to L stepping L,R(&),L,R(&),L,R(&),L to make a ³/₄ turn

(arms by sides, hands out with palms down) (3:00)

TAG: 2 COUNT TAG - After the 14th sequence (6:00)

1,2 Stomp R foot forward, stomp L foot forward

Contact: jmqjansen@gmail.com





墙数:4

4