

Fox On The Run

拍數: 88 牆數: 4 級數: Improver - Country Polka
編舞者: Flo Moresteps (FR) - September 2014
音樂: 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

More dances on <http://countryagogo.free.fr>

Copyright © Flo Moresteps (flo.moresteps@gmail.com)
