

On The Run

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: Tricia Bristow (USA) - March 2017
音樂: 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.

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>
