

# On The Run

拍數: 64      牆數: 2      級數: Intermediate/Advanced  
編舞者: Glennys Croston (UK)  
音樂: Gloria - Laura Branigan



## **KICK, KICK, COASTER STEP, PIVOT HALF TURN, PIVOT HALF TURN**

1-2            Right kick, kick  
3&4           Right coaster step  
5-6-7-8       Step forward left, pivot half turn right and step forward left pivot half turn right

## **KICK, KICK, COASTER STEP, PIVOT HALF TURN, PIVOT HALF TURN**

9-16           Repeat above steps with left foot

## **WEAVE TO RIGHT, ROCK RIGHT, RECOVER QUARTER TURN LEFT, RIGHT, SHUFFLE FORWARD**

17-18-19-20   Step right to side, left behind right, right to side, cross left over right  
21-22           Rock right recover on left with quarter turn left  
23&24          Right shuffle forward

## **HEEL SWITCHES AND CLAP, RIGHT SHUFFLE FORWARD, PIVOT HALF TURN**

25&26          Left heel and right heel  
&27-28        And left heel clap  
&29&30        Right shuffle forward  
31-32          Step forward on left, pivot half right

## **HEEL SWITCHES CLAP, AND RIGHT SHUFFLE FORWARD, ROCK FORWARD ON LEFT AND RECOVER**

33&34          Left heel and right heel  
&35-36        And left heel clap  
&37&38        And right shuffle forward  
39-40          Rock forward on left, recover on right

## **HALF TURN TRIPLE STEP TO LEFT, SIDE BEHIND RIGHT CHASSE, CROSS ROCK LEFT OVER RIGHT RECOVER**

41&42          Half turn triple, step to left  
43-44          Step right to side, left behind  
45&46          Chasse to right  
47-48          Cross rock left over right, recover

## **LEFT CHASSE, CROSS ROCK RIGHT OVER LEFT, RECOVER, QUARTER TURN RIGHT, TRIPLE STEP, ROCK AND RECOVER**

49&50          Left chasse  
51-52          Cross rock, right over left, recover  
53&54          Quarter turn right, triple step  
55-56          Rock forward on left, recover

## **ROCK LEFT RECOVER ON RIGHT, COASTER STEP, STEP HOLD, CLAP, HALF TRIPLE STEP LEFT**

57-58          Rock left side, recover on right  
59&60          Left coaster step  
61-62          Step right, hold, clap  
63&64          Half triple step left

**REPEAT**

## **BRIDGE**

**Beginning of fourth wall do first 16 counts of dance then bridge:**

- 1-2 Step forward right, hold
- 3-4 Forward left, hold
- 5&6-7&8 Right kick ball change twice
  
- 9&10-11-12 Right shuffle forward, step half turn right
- 13&14-15&16 Left kick ball change twice
  
- 17&18-19-20 Left shuffle forward, step half turn left
- 21&22-23-24 Right shuffle forward, step half turn right
  
- 25&26-27-28 Left shuffle forward, step half turn left
- 29-30-31-32 Right toe strut forward, left toe strut forward
- 33-34-35-36 Right toe strut forward, left toe strut forward

## **FINISH**

**Facing home wall**

- 1-4 Touch right to side, step forward, touch left to side, step forward
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