

# On The Run

拍數: 44      牆數: 4      級數: Beginner  
編舞者: Warren Fleming (AUS)  
音樂: Nine Mile Run - Tania Kernaghan



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## RIGHT FOOT: HEEL, CLOSE, HEEL, CLOSE

1-4      Tap right heel forward at 45 degrees, bring back in place, tap right heel forward at 45 degrees, bring back in place

## RIGHT FOOT: BRUSH UP

5-8      Tap right heel forward at 45 degrees, bring right heel up to left knee, tap right heel forward at 45 degrees, back in place

## LEFT FOOT: HEEL, CLOSE, HEEL, CLOSE

9-12      Tap left heel forward at 45 degrees, bring back in place, tap left heel forward at 45 degrees, bring back in place

## LEFT FOOT: BRUSH UP

13-16      Tap left heel forward at 45 degrees, bring left heel up to right knee, tap left heel forward at 45 degrees, back in place

## SIDE, STOMP, SIDE, STOMP

17-20      Step right to right side, stomp left beside right, step left to left side, stomp right beside left

## TWISTING TO THE RIGHT

21-24      Twist on toes heels to the right, twist on heels toes to the right, twist on toes heels to the right, twist on heels toes to the right

## TWISTING TO THE LEFT

25-28      Twist on toes heels to the left, twist on heels toes to the left, twist on toes heels to the left, twist on heels toes to the left

## SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT

29-34      Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

## SHUFFLE FORWARD, SHUFFLE FORWARD, STEP, ½ PIVOT

35-40      Step right forward, step left-right forward, step left forward, step right-left forward, step right forward, pivot turn ½ to the left (weight on left)

## STEP, ¼ PIVOT, STOMP RIGHT FOOT, STOMP LEFT FOOT

41-44      Step right forward, pivot turn ¼ to the left (weight on left), stomp right beside left, stomp left beside right

## REPEAT

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