

Fox On The Run

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Ivonne Verhagen (NL)
音樂: Fox On The Run - Texas Renegade



Sequence: ABC AB AC AAB

PART A

WALK RIGHT,LEFT,, SHUFFLE, DOWN UP&TOUCH,BRUSH 2X

1-2 Walk forward right, left
3 Step right foot forward
& Close left foot to right foot
4 Step right foot forward
5 Bend knees (down)
6 Jump at left foot, right foot touch heel right side
7 Brush right toe, left in front of right foot
8 Brush right toe to right side

HOP BACK 2X, SHUFFLE ¼ TURN RIGHT, TOUCH, HOP, STEP, ROCK STEP

& Hop back on left foot
9 Touch right toe back
& Hop back on left foot
10 Touch right toe back
11 Step right foot right side (¼ turn right)
& Close left foot to right
12 Step right foot forward (¼ turn right)
13 Touch left toe forward
& Hop on right foot (½ turn right)
14 Step left foot back
15 Rock right foot back
16 Weight on left foot
17 Cross right foot over left foot
& Scoot right foot a little back
18 Weight on left foot

SCOOT BRUSH (4X),BRUSH SCOOT TURN ½ STEP (2X)

& Scoot left foot right diagonal forward
19 Brush right foot forward
&20&21 Repeat &19 twice
& Scoot left foot right diagonal forward
22 Step right foot diagonal forward
23 Brush left foot forward
& Scoot right foot back (½ turn right)
24 Step left foot back
25 Brush right foot forward
& Scoot left foot (½ turn right)
26 Step right foot forward

CROSS, STEP BACK, 1 ½ TURN LEFT, ROCK STEP, SAYLOR STEP

& Hop on right foot
27 Cross left foot over right foot

- & Hop on left foot
- 28 Step right foot back
- 29 Step left foot forward ($\frac{1}{2}$ turn left)
- & Step right foot back($\frac{1}{2}$ turn left)
- 30 Step left foot forward($\frac{1}{2}$ turn left)
- 31 Rock step right foot to right side
- 32 Weight on left foot
- 33 Cross right foot behind left foot
- & Step left foot a little left
- 34 Step right foot a little right
- 35 Step left foot forward
- 36 Ronde right foot $\frac{1}{4}$ turn left
- & Hitch right knee

PART B

- 1 Big step right foot to right side
- 2 Close left foot to right foot
- & Right foot & left foot turn $\frac{1}{4}$ right
- 3 Big step left foot to left side
- 4 Close right foot to right foot
- & Right foot & left foot turn $\frac{1}{4}$ right
- 5 Big step right foot to right side
- 6 Close left foot to right foot
- 7 Right foot & left foot jump together forward ($\frac{1}{4}$ turn right)
- 8 Hold
- & Hop on left foot (lift right knee)
- 9 Step on right foot
- & Hop on right foot (lift left knee)
- 10 Step on left foot
- & Hop on left foot (lift right knee)
- 11 Step on right foot
- & Hop on right foot (lift left knee)
- 12 Step on left foot

PART C

SAMBA STEPS FORWARD AND SIDE

- 1 Step right foot forward
- & Close left foot to right foot
- 2 Weight on right foot
- 3 Step left foot forward
- & Close right foot to left foot
- 4 Weight on left foot
- 5 Step right foot to the right side
- & Cross left foot behind right foot
- 6 Weight on right foot
- 7 Step left foot to the left side
- & Cross right foot behind left foot
- 8 Weight on left foot

SAMBA STEPS WITH TURNS $\frac{1}{4}$ RIGHT

- 9 Step right foot diagonal forward
- & Close left foot to right foot
- 10 Step right foot on right foot
- & Turn $\frac{1}{4}$ right

11 Step left foot back
& Close right foot to left foot
12 Step left foot on left foot
& Turn ¼ right
13 Step right foot forward
& Close left foot to right foot
14 Step right foot on right foot
& Turn ¼ right
15 Step left foot back
& Close right foot to right foot
16 Step left foot on left foot

STEP TURN ¼ RIGHT, CROSS BEHIND 4X, STEP TURN ¼ LEFT, CROSS BEHIND 4X

17 Step right foot side (¼ turn right)
& Cross left foot behind right foot
18&19&20 Repeat 17& three more times
& Twist and turn 1/8 left
21 Step left foot side (¼ turn left)
& Cross right foot behind left foot
22&23&24 Repeat 21& three times

SHUFFLE ½ TURN, LOOK BACK-FORWARD, SHUFFLE, PIVOT ENDING WITH RONDE

25 Step left foot forward (½ turn left)
& Close right foot to left foot
26 Step left foot forward
27 Look back over left shoulder (right foot touch forward)
28 Look forward
29 Step right foot forward
& Close left foot to right foot
30 Step right foot forward
31 Right foot & left foot turn ½ left
32-33-34 Full turn with ronde
