

# On The Run

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK) & Daan Geelen (NL) - January 2010  
音樂: Life On the Run - Dierks Bentley : (Album: Feel That Fire)



Start on main vocals.

## R Kick & Side Rock L, L Kick Jump Back, R Heel Twist , Heel Twists With 1/4 Turn R, Coaster Step.

1 & 2 &      Kick R forward. Step R in place. Side rock out L on L. Recover on to R.  
3 & 4      Kick L forward.. Jump back stepping L to L side & R to R side..  
5 & 6      R heel twist in . Twist both heels R. Twist both heels L making 1/4 turn R. (3 o'clock).  
7 & 8      Step back on R. Step L next to R. Step forward on R.

## Paddle 1/4 Turn R x 2, Kick Cross Touch, Sailor Step With 1/4 Turn R. Step, Rock.

1 2      Turn 1/4 Right touching L to L side. Turn 1/4 Right touching L to L side. (9 o'clock)  
3 & 4      Kick Left forward. Cross step Left over Right. Touch Right to Right side.  
5 & 6      Cross step R behind L. Turn 1/4 R stepping L slightly to L side. Step forward on R.  
7 8      Step forward on L. Rock forward on R.

## Step Back, Turn 1/2 R, Step Forward, Turn 1/4 R Stepping Together, Weave R, Heel Jack.

1 2      Step back on L. Turn 1/2 R stepping forward on R.  
3 4      Step forward on L. Turn 1/4 R stepping R next to L. (9 o'clock.)  
5 & 6 &      Cross step L over R. Step R to R side. Cross step L behind R. Step R to R side.  
7 & 8      Cross step L over R. Step R to R side. Dig L heel forward to L diagonal.

## Touch R, Turn 1/2 L, Touch R, Walk Forward, Scissor Step R, Step L, Cross Step R Behind L, Look L.

& 1 & 2      Step L next to R. Touch R toe out to R side. Pivot 1/2 turn L on ball of L. Touch R toe out to R side.  
3 4      Walk forward on R, L ( 3 o'clock)  
5 & 6      Step R to R side. Step L next to R. Cross step R over L.  
7 8      Step L to L side. Cross step R behind L. On count 8 look left.

## Scissor Step, Side Together Forward, Step Pivot 1/2 Turn R x 2

1 & 2      Step L to L side. Step R next to L. Cross step L over R.  
3 & 4      Step R to R side. Step L next to R. Step forward on R.  
5 6 7 8      Step forward on L. Pivot 1/2 turn R. Step forward on L. Pivot 1/2 turn R. (3 o'clock)

## Heel, Hook, Step Hitch, Back Hitch, Step Back, Heel Hitch x 2, Rock Back, Recover.

1 & 2 &      Dig L heel forward. Hook L heel across R leg, Step forward on L. Hitch right knee.  
3 & 4      Step back on R. Hitch L knee, Step back on L.  
5 & 6 &      Dig R heel forward. Hitch R knee. Dig R heel forward. Hitch R knee.  
7 8      Rock back on R. Rock forward on L.

## 4 Count Tag end of wall 2, facing 6 o'clock.

### Mambo Forward, Coaster Step.

1 & 2      Rock forward on R. Rock back on L. Step back on R.  
3 & 4      Step back on L. Step R next to L. Step forward on L.