

Heart On The Run

Choreographer: Micaela Svensson Erlandsson

Level: Beginner

Count: 32

Wall: 4

Intro: 16 counts

Music: "Love On The Loose, Heart On The Run" by McBride & The Ride



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****2 Restarts, both after 22 counts, on wall 4 and 8**

Section 1: Kick. Behind. Side. Cross. Kick. Behind. Side. Cross.

1-2 Kick right foot diagonally right. Step right behind left.
3-4 Step left to left side. Cross right over left.
5-6 Kick left foot diagonally left. Step left behind right.
7-8 Step right to right side. Cross left over right.

Section 2: Right Chasse. Back Rock. Left Grapevine ¼ Turn left. Scuff.

1&2 Step right to right side. Close left beside right. Step right to right side.
3-4 Rock back on left. Recover onto right.
5-7 Step left to left side. Cross right behind left. Turn ¼ left stepping forward on left.
8 Scuff right foot forward.

Section 3: Heel Grind. Coaster Step. Forward Shuffle. Step. Hitch.

1-2 Step forward on right heel and fan toes from left to right. Fall back on left foot.
3&4 Step back on right. Step left beside right. Step forward on right.
5&6 Step forward on left. Close right beside left. Step forward on left.

Restart here: On wall 4 (Facing 6 O'clock) and Wall 8 (Facing 12 O'clock)

7-8 Step forward on right. Hitch left knee up.

Section 4: Back Shuffle. Touch. Unwind ½ right. Forward Shuffle. Walk. Walk.

1&2 Step back on left. Close right beside left. Step back on left.
3-4 Touch right toes back. Unwind ½ right.
5&6 Step forward on left. Close right beside left. Step forward on left.
7-8 Walk forward on right. Walk forward on left.

Repeat

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