

# Heart On The Run

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson, April 2017

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

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

**Intro: 16 counts**

**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.

