

Fox On The Run

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Count: 88

Wall: 4

Level: Improver - Country Polka

Choreographer: Flo Moresteps (Sept 2014)

Music: Fox on the run (Brett Kissel) - 127 BPM - Album: Tried and True, A Canadian Tribute (2006)

Intro: 6 + 8 counts (starts on "She *walked*")

SECTION 1: Shuffle Fwd, ¼ Shuffle Fwd, Kick, Kick, Coaster step

1&2 Shuffle forward (RLR)

&3&4¼ turn to left, Shuffle forward (LRL) [9.00]

5-6 Kick R forward, Kick R forward

7&8RF back, LF next to RF, RF forward

SECTION 2: Shuffle Fwd, ¼ Shuffle Fwd, Heel-Hitch(+Claps), Rock Back, Recover, Close, ½ pivot

1&2 Shuffle forward (LRL)

&3&4¼ turn to right, Shuffle forward (RLR) [12.00]

5&6& Heel L fwd, Hitch L, Heel L fwd, Hitch L

s7&8 LF back, Recover on RF, LF forward

9-10RF forward, ½ turn to left [6.00]

SECTION 3 (= SECTION 1) [3.00]

SECTION 4 (= SECTION 2): [12.00]

*** Final on Wall 5 facing 12.00**

SECTION 5: Side Rock, Behind-Side-Cross, Side Rock, Behind-1/4-Step

1-2RF to the R side, Recover on LF

3&4 Cross RF behind LF, LF to the L side, Cross RF in front of LF

5-6LF to the L side, Recover on RF

7&8 Cross LF behind RF, ¼ to Right stepping RF forward, Step LF forward [3.00]

SECTION 6: Toe&Toe & Heel-Hook-Heel & Toe&Toe & Heel-Hook-Heel

1&2&R toe out, step RF next to LF, L toe out, step LF next to RF

3&4&R Heel forward, R Hook in front of LF, R Heel forward, step RF next to LF

5&6&L toe out, step LF next to RF, L toe out, step RF next to LF

7&8&L Heel forward, L Hook in front of RF, L Heel forward, step LF next to RF

SECTION 7: Walk, Walk, Shuffle Forward, Hinge Turn, Cross, Clap, Clap

1-2 Walk R ,Walk L

3&4 Step RF forward, Step LF next to RF, Step RF forward

5-6¼ turn to right stepping LF back, ¼ turn right stepping RF forward [9.00]

7&8 Cross LF in front of RF, clap, clap

SECTION 8: Side, Touch, Side Shuffle, Sailor step, Sailor step, Jump, Jump

1-2 Step RF to the R side, Touch LF next to RF

3&4 Step LF to the L side, Step RF next to LF, step LF to the L side

5&6 Step RF behind LF, Step LF to the L side, Step RF to the right side

7&8 Step LF behind LF, Step RF to the R side, Step LF to the right side

9-10 Jump back with both feet, Jump back (weight on LF)

SECTION 9 (= SECTION 7): [3h]

SECTION 10 (= SECTION 8): [3h]

Start again from Section 1

FINAL (On 5th wall after section 4, facing 12.00)

MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross

1-2 Step RF to the R side, Recover on LF

3&4 Step RF behind LF, Step LF to the L side, Cross RF in front of LF

5-6 Step LF to the L side, Recover on RF

7&8 Step LF behind RF, Step RF to the R side, Cross LF in front of RF

Step ½ L, Step ½ L

1-2 Step RF forward, ½ turn to the L [6.00]

3-4 Step RF forward, ½ turn to the L [12.00]

MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross

SECTION 6 with a final stomp: Toe&Toes & Heel-Hook-Heel & Toe&Toe & Heel-Hook-Stomp

1&2&R toe out, step RF next to LF, L toe out, step LF next to RF

3&4&R Heel forward, R Hook in front of LF, R Heel forward, step RF next to LF

5&6&L toe out, step LF next to RF, L toe out, stomp RF forward

7&8L Heel forward, L Hook in front of RF, L Heel forward, Stomp LF

Breathe in, Look straight ahead, Smile!

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