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| Heart On The Run |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Dee Musk (UK) & Heather Barton (SCO) - May 2020 | | | | |
| **Music:** | Heart on the Run (feat. Vincent Vega) - Park Lane | | | | |
| . | | | | | | |

**#16 Count Intro**

**[01 – 08]: Side, Touch Kick Ball Cross, Side, Touch, Kick Ball Cross**

|  |  |
| --- | --- |
| 1-2 | Step right to right, turn ⅛ left touch left beside right (10:30) |

|  |  |
| --- | --- |
| 3&4 | Kick left froward, step left beside right cross right over left |

|  |  |
| --- | --- |
| 5-6 | Turn ⅛ right step left to left, turn ⅛ right touch right beside left (1:30) |

|  |  |
| --- | --- |
| 7&8 | Kick right forward, step right beside left, cross left over right |

**[09 – 16]: Syncopated Side Rocks, Step ½ Pivot, ¼ Side Rock Cross**

|  |  |
| --- | --- |
| 1-2& | Turn ⅛ left rock right to right, recover weight to left, step right beside left (12:00) |

|  |  |
| --- | --- |
| 3-4& | Rock left to left, recover weight to right, step left beside right |

|  |  |
| --- | --- |
| 5-6 | Step right forward, pivot ½ left transferring weight on to left (6:00) |

|  |  |
| --- | --- |
| 7&8 | Turn ¼ left rock right to right, recover weight to left, cross right over left (3:00) |

**[17 – 24]: Vine ¼ Turn Shuffle, Rock, Back Drag**

|  |  |
| --- | --- |
| 1-2 | Step left to left, step right behind left |

|  |  |
| --- | --- |
| 3&4 | Turn ¼ left step left forward, step right beside left, step left forward (12:00) |

|  |  |
| --- | --- |
| 5-6 | Rock right forward, recover weight to left |

|  |  |
| --- | --- |
| 7-8 | Long step right back, drag left towards right |

**[25 – 32]: Ball, Walk, Walk, Shuffle X 2 Arcing ¾ Turn**

|  |  |
| --- | --- |
| &1-2 | Step left beside right, step right forward, turn ¼ left step left forward (9:00) |

|  |  |
| --- | --- |
| 3&4 | Turn ⅛ left step right forward, step left beside right, step right forward (7:30) |

|  |  |
| --- | --- |
| 5-6 | Turn ⅛ left step left forward, turn ⅛ left step right forward (4:30) |

|  |  |
| --- | --- |
| 7&8 | Turn ⅛ left step left forward, step right beside left, step left forward (3:00) |

**Ending. Facing 3 O,Clock**

**Wall 13: Dance up to and including section 2 count 4&, then dance the following**

|  |  |
| --- | --- |
| 5-6 | Step right forward, pivot ¼ left transferring weight to left |

|  |  |
| --- | --- |
| 7&8 | Cross right over left, step left back, step right to right |