

# Heart On The Run

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Micaela Svensson Erlandsson (SWE) - April 2017  
音樂: Love On The Loose, Heart On The Run - 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.

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