

# On The Run



Choreographed by: Kate Sala, UK & Daan Geelen, Nleft (Jan 10)  
Music: **Life On The Run** by **Dierks Bentley** (CD: Feel That Fire)  
Type: 4 wall, 48 counts  
Level: Intermediate

NOTES: Start on main vocals, TAG at the end of 2<sup>nd</sup> wall

## **RIGHT KICK & SIDE ROCK LEFT, LEFT KICK JUMP BACK, RIGHT HEEL TWIST, HEEL TWISTS WITH ¼ TURN RIGHT, COASTER STEP**

1&2& Kick right forward, step right in place, rock left on to left side, recover on to right.  
3 & 4 Kick left forward, jump back stepping left to left side & right to right side.  
5 & 6 Twist right heel in, twist both heels right, twist both heels left making ¼ turn right. [3:00]  
7 & 8 Step back on right, step left next to right, step forward on right.

## **PADDLE ¼ TURN RIGHT X2, KICK CROSS TOUCH, SAILOR STEP WITH ¼ TURN RIGHT, STEP, ROCK**

1 – 2 Turn ¼ right touching left to left side, turn ¼ right touching left to left side. [9:00]  
3 & 4 Kick left forward, cross step left over right, touch right to right side.  
5 & 6 Cross step right behind left, turn ¼ right stepping left slightly to left side, step forward on right. [12:00]  
7 – 8 Step forward on left, rock forward on right.

## **STEP BACK, TURN ½ RIGHT, STEP FORWARD, TURN ¼ RIGHT STEPPING TOGETHER, WEAVE RIGHT, HEEL JACK**

1 – 2 Step back on left, turn ½ right stepping forward on right. [6:00]  
3 – 4 Step forward on left, turn ¼ right stepping right next to left. [9:00]  
5&6& Cross step left over right, step right to right side, cross step left behind right, step right to right side.  
7 & 8 Cross step left over right, step right to right side, dig left heel forward to left diagonal.

## **TOUCH RIGHT, TURN ½ LEFT, TOUCH RIGHT, WALK FORWARD, SCISSOR STEP RIGHT, STEP LEFT, CROSS STEP RIGHT BEHIND LEFT, LOOK LEFT.**

&1&2 Step left next to right, touch right toe out to right side, pivot ½ turn left on ball of left, touch right toe out to right side. [3:00]  
3 – 4 Walk forward on right, left.  
5 & 6 Step right to right side, step left next to right, cross step right over left.  
7 – 8 Step left to left side, cross step right behind left - on count 8 look left.

## **SCISSOR STEP, SIDE TOGETHER FORWARD, STEP PIVOT ½ TURN RIGHT X2**

1 & 2 Step left to left side, step right next to left, cross step left over right.  
3 & 4 Step right to right side, step left next to right, step forward on right.  
5 – 8 Step forward on left, pivot ½ turn right, step forward on left, pivot ½ turn right. [3:00]

# On The Run



**...Continued**

**HEEL, HOOK, STEP HITCH, BACK HITCH, STEP BACK, HEEL HITCH X2, ROCK BACK, RECOVER.**

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|-------|--|
| 1&2&  | Dig left heel forward, hook left heel across right leg, step left forward, hitch right knee. |
| 3 & 4 | Step back on right, hitch left knee, step back on left.                                      |
| 5&6&  | Dig right heel forward, hitch right knee, dig right heel forward, hitch right knee.          |
| 7 – 8 | Rock back on right, rock forward on left.  |

Start again!

**TAG:** *4 count tag at the end of 2<sup>nd</sup> wall facing 6 o'clock*

**MAMBO FORWARD, COASTER STEP**

- |       |   |
|-------|---|
| 1 & 2 | Rock forward on right, rock back on left, step back on right.     |
| 3 & 4 | Step back on left, step right next to left, step forward on left. |