

Fox On The Run

88 Count, 4 Wall, Improver, Country Polka

Choreographer: Flo Moresteps (Sept 2014)

Choreographed to: Fox On The Run by Brett Kissel,
Album: Tried and True, A Canadian Tribute (2006) (127 bpm)

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

1 Shuffle R, ¼ turn L Shuffle, Kick x2, Coaster step

1&2 Shuffle forward (RLR)
&3&4 ¼ turn to left, Shuffle forward (LRL) [9.00]
5-6 Kick R forward, Kick R forward
7&8 RF back, LF next to RF, RF forward

2 Shuffle L, ¼ R Shuffle, Heel-Hitch+Clap x2, Rock L behind, Recover, Close, ½ pivot L

1&2 Shuffle forward (RLR)
&3&4 ¼ turn to right, Shuffle forward (LRL) [12.00]
5&6& Heel L fwd, Hook L, Heel L fwd, Flick L back
7&8 RF back, LF next to RF, RF forward
9-10 RF forward, ½ turn to left (Weight on LF) [6.00]

3 (Repeat Section 1): Shuffle R, ¼ L Shuffle, Kick x2, Coaster step

1&2 Shuffle forward (RLR)
&3&4 ¼ turn left, Shuffle forward (LRL) [3.00]
5-6 Kick R forward, Kick R forward
7&8 RF back, LF next to RF, RF forward

4 Shuffle L, ¼ turn R Shuffle, Heel-Hitch+Clap x2, Rock L behind, Recover, Close, ½ pivot L

1&2 Shuffle forward (RLR)
&3&4 ¼ turn to right, Shuffle forward (LRL) [6.00]
5&6& Heel L fwd, Hook L, Heel L fwd, Flick L back
7&8 RF back, LF next to RF, RF forward
9-10 RF forward, ½ turn to left (Weight on LF) [12.00]

* Final on 5th wall, facing 12.00

5 Side Rock R, Syncopated Vine L cross, Side Rock L, Syncopated ¼ R Vine R cross

1-2 RF to the R side, Recover on LF
3&4 Cross RF behind LF, LF to the L side, Cross RF in front of LF
5-6 LF to the L side, Recover on RF
7&8 Cross LF behind RF, ¼ to Right stepping RF forward, Cross LF in front of RF [3.00]

6 Toes out R&L, Heel-Hook-Heel, Toes out L&R, 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

7 Walk R&L, R Shuffle forward, ¼ R Back L, ¼ R forward R, Cross L, Clap x2

1-2 Walk R, Walk L
3&4 Step RF forward, Step LF next to RF, Step RF forward
5-6 ¼ turn to right stepping LF back, ¼ turn right stepping RF forward [9.00]
7&8 Cross LF in front of RF, clap, clap

8 Side R, Touch, Side Shuffle L, Side Shuffle L, Sailor step R&L, Hop back x2

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 Hop back, Hop back (weight on LF)

9 (Repeat Section 7) Walk R&L, Step-Lock-Step, ¼ R Back L, ¼ R Fwd R, Cross L, Clap x2

1-2 Walk R, Walk L
3&4 Step RF forward, Step LF next to RF, Step RF forward
5-6 ¼ turn to right stepping LF back, ¼ turn right stepping RF forward [3.00]
7&8 Cross LF in front of RF, clap, clap

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- 10 (Repeat Section 8) Side R, Touch, Shuffle ¼ L, ¼ L Back R, ½ L Fwd R, Kick-Ball-Close, Hop x2**
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 Hop back, Hop back (weight on LF)

Start again from Section 1

Final On 5th wall after section 4, facing 12.00

11 Rock R, Syncopated Vine L with cross, Rock L, Syncopated Vine R with 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

12 Step ½ L, Step ½ L

- 1-2 Step RF forward, ½ turn to the L (weight on LF) [6.00]
3-4 Step RF forward, ½ turn to the L (weight on LF) [12.00]

13 (Repeat Sect 11) Rock R, Syncopated Vine L with cross, Rock L, Syncopated Vine R with 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

14 (Repeat Section 6): Toes out R&L, Heel-Hook-Heel, Toes out L&R, 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&8 L Heel forward, L Hook in front of RF, L Heel forward, step LF next to RF

Breathe in, Look straight ahead, Smile!
