

On The Run

64 Count, 2 Wall, Intermediate

Choreographer: Tricia Bristow (USA) Mar 2017

Choreographed to: Nancy Mulligan by Ed Sheeran

Options: Begin dance "On the summer day..." just after second instrumental (8 beats) with no tags and no restarts.

Or Dance Section 4&5 during the first two lines "I was 24 years old..." and pause for effect during 8 beat instrumental.

Once you begin the dance at "On the summer day..." there will be No Tags and No Restarts. Watch for a slightly slower tempo at the end.

- Section 1 Rock Forward, Recover, Step Lock Step, Rock Back, Recover, Step Lock Step**
1-2 Rock Forward on R Toe with L leg bent with ankle behind R knee; Recover to Left
3&4 Step R foot back, lock L in front of right, step R foot back;
5-6 Rock Back on L foot while hitching R leg; Recover to R
7&8 Step L forward, lock R behind & Step L forward;
- Section 2 Scuff Hitch R, Touch R, Triple Rlr In Place**
1&2 Scuff R foot lightly, lift into a hitch and touch R Toe down at home;
3&4 Triple RLR in home position; (optional bouncing)
5&6 Scuff L foot lightly, lift into a hitch and touch L Toe down at home;
7&8 Triple LRL in home position; (optional bouncing)
- Section 3 Cross Rock, Recover, Triple, Cross Rock, Recover, Triple**
1-2 Cross Rock R over L; Recover to L;
3&4 Triple RLR (Step R to right side, step L together, step R to right side;)
5-6 Cross Rock L over R; Recover to R;
7&8 Triple LRL (Step L to left side, step R together, step L to left side;)
- Section 4 Pivot ½, Kick-Ball-Step, Kick Ball Step, Toe Strut, Toe Strut**
1-2 Step R forward pivot ½ left (6:00); Recovering weight to L;
3&4 Kick R forward, Land on R with weight on R, Step forward on L;
5&6 Kick R forward, Land on R with weight on R, Step forward on L;
7-8 Toe Strut R; Toe Strut L;
- Section 5 Pivot ½, Kick-Ball-Step, Kick Ball Step, Toe Strut, Toe Strut**
1-2 Step L forward pivot ½ right(12:00); Recovering weight to R;
3&4 Kick L forward, Land on L with weight on L, Step forward on R;
5&6 Kick L forward, Land on L with weight on L, Step forward on R;
7-8 Toe Strut L; Toe Strut R;
- Section 6 Triple Box With 3 (1/4) Turns**
1&2 Step R to right side, step L together, step R to right side;
3&4 ¼ turn to left (9:00) and step L to left side, step R together, step L to left side;
5&6 ¼ turn to left (6:00) and step R to right side, step L together, step R to right side;
7&8 ¼ turn to left (3:00) and step L to left side, step R together, step L to left side;
- Section 7 Shuffle Forward Rock Forward, Shuffle Back Rock Back**
1&2 Step right forward (3:00), step left together, step right forward;
3-4 Rock left forward; recover to right
5&6 Step left back, step right together, step left back;
7-8 Rock right back; recover to left;
- Section 8 Syncopated Switches, 3 Point Star With ¼ Turn**
1&2& Touch R Toe forward (3:00), recover on R ball, Extend L Toe forward, recover to L ball;
3&4& Touch R Toe forward, recover on R ball, Extend L Toe forward, recover to L ball;
5-6 Touch R Toe forward, Touch R Toe back;
7-8 Touch R Toe to right side; Pivot on L, Turning ¼ R (6:00) while Hooking R Over Left

Begin Again!