



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## Heart On The Run

32 Count, 4 Wall, Beginner

Choreographer: Micaela Svensson Erlandsson (SE) Apr 2017

Choreographed to: Love On The Loose, Heart On The Run by  
McBride & The Ride

---

**Intro: 16 counts**

**2 Restarts, both after 22 counts, on wall 4 and 8**

**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  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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.