

“Fox On The Run”

Choreographer: Annemaree Sleeth (Australia) & Marie Sørensen (Sunshine Cowgirl) DK – November 2015

4 Wall – Level: Beginner – 32 Counts

Music: “Fox On The Run” By Sweet BPM 127 Album: The Number One`S: Rock It Up Length 3.20

Intro: 32 Counts Dance Rotates CCW

S1 1- 8 SYNCOPATED ROCKIN` CHAIR, JAZZ BOX CROSS

1-2& Rock Fwd Right Recover Left , Step Right Next To Left
3-4 Rock Back Left , Recover Right
5-6 Cross Left Over Right, Step Back On Right
7-8 Step Left Next To Right, Cross Right Over Left (12:00)

S2 9 – 16 CHASSE, BACK ROCK, RECOVER, SHUFFLE 1/4 TURN RIGHT, WALK, WALK

1&2 Step Left To The Left Side, Step Right Next To Left, Step Left To The Left Side
3-4 Rock Back On Right, Recover Left
5&6 1/4 Turn Right, Step Fwd. On Right, Step Left Next To Right, Step Fwd. On Right
7-8 Walk Fwd, Left, Walk Fwd Right (03:00)

S3 17 – 24 CROSS, RECOVER, SIDE, CROSS, SIDE, SAILOR, CROSS, TOUCH

1-2& Cross Left Over Right, Recover Right , Step Left Side
3-4 Cross R Over Left, Step L Side
5&6 Step R Behind Left, Step Left Side, Step R Side
7-8 Cross Left Over Right, Touch Right Out To Side

S4 3 25 – 32 ROCK RECOVER, ½ R STEP FORWARD, STEP FORWARD

KICK BALL FORWARD, TOUCH, TOUCH

1-2 Rock Right Forward, Recover Left
3-4 ½ Turn Right Step Right Forward, Step Left Forward # RESTART (9.00)
5&6 Kick Forward Right, Step Back On Ball Of Right , Step Forward Left
7-8 Touch Out To Right Side, Touch In Together,

TAG On Wall 3 & 7 F 3.00 Wall 10 F 12.00 RIGHT JAZZ BOX BRUSH REVERSE LEFT JAZZ BOX BRUSH

Tag Description

1 - 4 Cross Right Over Left, Step Back On Right, Step Right Side, Brush Left Over Right
5- 8 Cross Left Over Right, Step Back On Right, Step Left Side, Brush R Forward

RESTART After 28 Counts Wall 9 Facing 9.00

Ending Of Dance Dance Whole Dance Turn ¼ L forward slide right to left over 2 counts

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No Changes In The Stepsheet Allowed, Without The Choreographers Permission.

Have Fun!

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