

# Fox On The Run

Count: 88

Wall: 4

Level: Improver - Country Polka

Choreographer: Flo Moresteps (Sept 2014)

Music: Fox on the run (Brett Kissel) – 127 BPM - Album: Tried and True, A Canadian Tribute (2006)

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

**SECTION 1: Shuffle Fwd, ¼ Shuffle Fwd, Kick, Kick, 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

**SECTION 2: Shuffle Fwd, ¼ Shuffle Fwd, Heel-Hitch(+Claps), Rock Back, Recover, Close, ½ pivot**

1&2 Shuffle forward (LRL)  
&3&4 ¼ turn to right, Shuffle forward (RLR) [12.00]  
5&6& Heel L fwd, Hitch L, Heel L fwd, Hitch L  
**s7&8 LF back, Recover on RF, LF forward**  
9-10 RF forward, ½ turn to left [6.00]

**SECTION 3 (= SECTION 1) [3.00]**

**SECTION 4 (= SECTION 2): [12.00]**

\* Final on Wall 5 facing 12.00

**SECTION 5: Side Rock, Behind-Side-Cross, Side Rock, Behind-1/4-Step**

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, Step LF forward [3.00]

**SECTION 6: Toe&Toe & Heel-Hook-Heel & Toe&Toe & 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

**SECTION 7: Walk, Walk, Shuffle Forward, Hinge Turn, Cross, Clap, Clap**

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

**SECTION 8: Side, Touch, Side Shuffle, Sailor step, Sailor step, Jump, Jump**

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 Jump back with both feet, Jump back (weight on LF)

**SECTION 9 (= SECTION 7): [3h]**

**SECTION 10 (= SECTION 8): [3h]**

Start again from Section 1

**FINAL (On 5th wall after section 4, facing 12.00)**

**MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-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

**Step ½ L, Step ½ L**

1-2 Step RF forward, ½ turn to the L [6.00]  
3-4 Step RF forward, ½ turn to the L [12.00]

**MOD SECTION 5 (without ¼ turn): Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross**

**SECTION 6 with a final stomp: Toe&Toes & Heel-Hook-Heel & Toe&Toe &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, Stomp LF

**Breathe in, Look straight ahead, Smile!**

**Last Modified: 17 February, 2018**

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