



Heart On The Run

Choreographer: Dee Musk & Heather Barton

Count: 32

Wall: 4

Level: Improver

Intro: 16 counts

Music: "Heart On The Run" by Park Lane feat. Vincent Vega

[01 – 08]: Side, Touch Kick Ball Cross, Side, Touch, Kick Ball Cross

- 1-2 Step right to right, turn $\frac{1}{8}$ left touch left beside right (10:30)
- 3&4 Kick left forward, step left beside right cross right over left
- 5-6 Turn $\frac{1}{8}$ right step left to left, turn $\frac{1}{8}$ right touch right beside left (1:30)
- 7&8 Kick right forward, step right beside left, cross left over right

[09 – 16]: Syncopated Side Rocks, Step $\frac{1}{2}$ Pivot, $\frac{1}{4}$ Side Rock Cross

- 1-2& Turn $\frac{1}{8}$ left rock right to right, recover weight to left, step right beside left (12:00)
- 3-4& Rock left to left, recover weight to right, step left beside right
- 5-6 Step right forward, pivot $\frac{1}{2}$ left transferring weight on to left (6:00)
- 7&8 Turn $\frac{1}{4}$ left rock right to right, recover weight to left, cross right over left (3:00)

[17 – 24]: Vine $\frac{1}{4}$ Turn Shuffle, Rock, Back Drag

- 1-2 Step left to left, step right behind left
- 3&4 Turn $\frac{1}{4}$ left step left forward, step right beside left, step left forward (12:00)
- 5-6 Rock right forward, recover weight to left
- 7-8 Long step right back, drag left towards right

[25 – 32]: Ball, Walk, Walk, Shuffle X 2 Arcing $\frac{3}{4}$ Turn

- &1-2 Step left beside right, step right forward, turn $\frac{1}{4}$ left step left forward (9:00)
- 3&4 Turn $\frac{1}{8}$ left step right forward, step left beside right, step right forward (7:30)
- 5-6 Turn $\frac{1}{8}$ left step left forward, turn $\frac{1}{8}$ left step right forward (4:30)
- 7&8 Turn $\frac{1}{8}$ left step left forward, step right beside left, step left forward (3:00)

Reeat

Ending. Facing 3 O,Clock

Wall 13: Dance up to and including section 2 count 4&, then dance the following

- 5-6 Step right forward, pivot $\frac{1}{4}$ left transferring weight to left
- 7&8 Cross right over left, step left back, step right to right