



Dance: **Heart On The Run**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Dee Musk & Heather Barton (UK), May 2020
 Choreographed to: Heart On The Run by Park Lane ft Vincent Vega (111 bpm, 4:05 min)

Intro: Start after count 16

Section 1 (Side Touch, Kick-Ball Cross) x 2

1,2	Step right to right side. Turn 1/8 left touching left beside right (10:30)	Side, touch
3&4	Kick left forward. Step ball of left beside right. Cross right over left	Kick-ball cross
5	Turn 1/8 right stepping left to left side (12:00)	Side
6	Turn 1/8 left touching right beside left (1:30)	Touch
7&8	Kick right forward. Step ball of right beside left. Cross left over right	Kick-ball cross

Section 2 Side Rock Switch, Step Pivot 1/2, 1/4 Mambo Cross

1,2&	Turn 1/8 left rocking to side on right (12:00). Recover on left. Step right beside left	Side rock, &
3,4& @	Rock to side on left. Recover on right. Step left beside right	Side rock, &
5,6	Step right forward. Pivot 1/2 turn left (6:00)	Step, pivot
7&8	Turn 1/4 left rocking to side on right (3:00). Recover on left. Cross right over left	Mambo cross
<i>Non-turning steps 5-8: Forward Rock, 1/4 Mambo Cross</i>		
5,6	<i>Rock forward on right. Recover on left</i>	<i>Forward rock</i>
7&8	<i>Turn 1/4 right rocking to side on right. Recover on left. Cross right over left</i>	<i>Mambo cross</i>

Section 3 Side, Behind, 1/4 Shuffle, Forward Rock, Back, Drag

1,2	Step left to left side, Cross right behind left	Side, behind
3&4	Step left 1/4 turn left (12:00). Step right beside left. Step left forward	Turn shuffle
5,6	Rock forward on right. Recover on left	Forward rock
7,8	Step right large step back. Drag left beside right	Back, drag

Section 4 Close, Step, Turn, Right Shuffle, Walk x 2, Left Shuffle

&1,2	Step left beside right. Step right forward. Step left 1/4 turn left (9:00)	&, step, turn
3&4	Turn 1/8 left stepping right forward (7:30). Step left beside right. Step right forward	Right shuffle
5,6	Turn 1/8 left stepping left forward (6:00). Turn 1/8 left stepping right forward (4:30)	Walk, walk
7&8	Turn 1/8 left stepping left forward (3:00). Step right beside left. Step left forward	Left shuffle
<i>Non-turning steps 1-8: Close, Step, Side, Back Shuffle, Back Rock, Left Shuffle</i>		
&1,2	<i>Step left beside right. Step right forward. Step left to left side</i>	<i>&, step, side</i>
3&4	<i>Turn 1/8 right stepping right back (1:30). Step left beside right. Step right back</i>	<i>Back shuffle</i>
5,6	<i>Rock back on left. Recover on right</i>	<i>Back rock</i>
7&8	<i>Turn 1/8 right stepping left forward (3:00). Step right beside left. Step left forward</i>	<i>Left shuffle</i>

Ending @ Wall 14 (3:00) after 12& Counts (facing 3:00)

Step Pivot 1/4, 3 Step Jazz Box

5,6	Step right forward. Pivot 1/4 turn left (12:00)	Step, pivot
7&8	Cross right over left. Step left back. Step right to right side	Cross, back, side
