

# Fox On The Run

Artist: The Sweet

Fox On the Run — The Best of Sweet (album) — (3:25)

Intermediate — Rock — Moderately Fast

Choreography: Chynna Birkmire, CCI, Hays, NC, [chynnaclogger@gmail.com](mailto:chynnaclogger@gmail.com)

Left Foot Lead

Sequence: Intro—A—B—C—A—B\*—D—B\*\*—End

**INTRO: WAIT 48 beats**

**PART A- 64 beats**

Rocking Chair (4 beats)	DS Br Lift DS RS L R R R LR &1 & 2 &3 &4
Karate Kick (4 beats)	DS K Pvt(turn 1/2 L) (pause) S K Ch L R L R L L &1 & 2 & 3 & 4
Rock Slide (8 beats)	DS S S(f)/Pull S S Pull/S(f) S RS DS RS L R L/R R L L/R L RL R LR &1 & 2& 3 & 4& 5 &6 &7 &8
Stamp Basic Twist (8 beats)	DS Sta Lift DS RS DS H(w)(Twist heel from L to R) S RS H/B Lift/SI L R R R LR L R L RL L/R L/R &1 & 2 &3 &4 &5 & 6 &7 & 8
2 Joeyes (8 beats)	DS B(xib) B(ots) B(ots) B(xib) B(ots) S(ots) L R L R L R L &1 & 2 & 3 & 4

**When repeating  
step,  
opposite foot,  
same footwork**

**Repeat** above 32 beats (Rocking Chair, Karate Kick, Rock Slide, Stamp Basic Twist, and 2 Joeyes).

**PART B- 56 beats**

3 Chicken Runs (24 beats)	Lift Sto DS(xif) B(ots) B(xib) B(ots) B(xif) H(w)(ots) (turn 1/4 L) H(w) S S DS DS L L R L R L R L R R L R L R & 1 &2 & 3 & 4 & 5 & 6 &7 &8
Black Mountain (4 beats)	DS Hp/H Hp/H Pause Hp/T(Turn 1/4 L) H/S Lift L L/R L/R L/R L/R L &1 & 2 & 3 & 4
Fancy Double (4 beats)	DS DS RS RS L R LR LR &1 &2 &3 &4
2 Half Samanthas (8 beats)	DS DS(xif) Dr S(b) RS DS DS(xif) Dr S(b) RS L R R L RL R L L R LR &1 &2 & 3 &4 &5 &6 & 7 &8
Whiplash (8 beats)	DS DS(xif) Dr S(b) K S(f) Dr S(b) K S(f) Dr S(b) RS L R R L RL R L R L R L RL &1 &2 & 3 & 4 & 5 & 6 & 7 &8

Turtle w/ a Triple (8 beats) DS H Lift/Sl DS RS DS DS DS RS  
 R L L/R L RL R L R LR  
 &1 & 2 &3 &4 &5 &6 &7 &8

**PART C- 16 beats**

2 Loop Kick Vines (16 beats) DS DS(xif) DS(ots) Lp S(xib) DS(ots) K S K S RS  
 L R L R R L R R L L RL  
 &1 &2 &3 & 4 &5 & 6 &7 &8

**When repeating step, opposite foot, same footwork**

**PART A- Rocking Chair, Karate Kick, Rock Slide, Stamp Basic Twist, 2 Joey's, Rocking Chair, Karate Kick, Rock Slide, Stamp Basic Twist, and 2 Joey's.**

**PART B\*- 3 Chicken Runs, Black Mountain, Fancy Double, 2 Half Samanthas, Whiplash, Turtle w/ a Triple, ADD 2 Triples.**

**PART D- 36 beats**

Heel Toe Slur Vine (8 beats) DS H(xif) S H(ots) S T(xib) S DT S/Slr Lift/S RS RS (Turn 1/2 L on RS)  
 L R RL LR RL L/R L/R LR LR  
 &1 & 2 & 3 & 4 & 5 & 6 &7 &8

Funky Turkey (8 beats) DS(xib) S(ots) H S S(xib) S(ots) H S S RS DS RS  
 L R L L R L R R L RL R LR  
 &1 & 2 &3 & 4 & 5 &6 &7 &8

**Repeat** above 16 beats (Heel Toe Slur Vine and Funky Turkey)

Shoot the Star (4 beats) DS DS K S K S  
 L R L L R R  
 &1 &2 & 3 & 4

**PART B\*\*- 3 Chicken Runs, Black Mountain, Fancy Double, 2 Half Samanthas, Whiplash ('Tch' L instead of 'S' L at the end), ADD 4 Chicken Runs.**

**END- L Step out.**

**ABBREVIATIONS**

DS- Double Step	H- Heel	Slr- Slur
Br- Brush	B- Ball	Tch- Touch
RS- Rock Step	Sl- Slide	L- Left
K- Kick	Sto- Stomp	R- Right
Pvt- Pivot	Hp- Hop	(xif)- Cross in Front
S- Step	T- Toe	(ots)- Out to the Side
Ch- Chug	Dr- Drag	(xib)- Cross in Back
Sta- Stamp	Lp- Loop	(f)- Front
H(w)- Heel (weighted)	DT- Double Toe	(b)- Back