

# Run & Hide

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Tracy Brown (UK)

Musik: Sometimes - Britney Spears



## STEP, CROSS, STEP, HEEL

- &1 Step left to left side, cross right over left
- &2 Step left to left side, touch right heel forward
- &3 Step right to right side, cross left over right
- &4 Step right to right side, touch left heel forward
- &5 Step left to left side, cross right over left
- &6 Step left to left side, touch right heel forward
- &7 Step right to right side, cross left over right
- &8 Step right to right side, touch left heel forward

## STEP LEFT BACK, TOE TOUCHES, LOCK STEPS FORWARD

- &9 Step left foot back, touch right toe forward
- &10 Step right foot back, touch left toe forward
- &11 Step left foot back, touch right toe forward
- &12 Step right foot back, touch left toe forward
- & Step left foot in place
- 13&14 Step right forward, lock left behind right, step right forward
- 15&16 Step left forward, lock right behind left, step left forward

## RIGHT ROCK, ½ TURN SHUFFLES, COASTER STEP, WALKS FORWARD, SHUFFLE FORWARD

- 17-18 Rock forward on right, rock back on left
- 19&20 ½ turn shuffle right - stepping right, left, right
- 21&22 ½ turn shuffle right - stepping left, right, left
- 23&24 Step back on right, step left beside right, step right forward
- 25-26 Walk forward left, walk forward right
- 27&28 Step left forward, step right beside left, step left forward

## RIGHT KICKS, ½ TURN SAILOR STEP, LEFT KICKS, ¼ TURN SAILOR STEP

- 29-30 Kick right foot forward, kick right foot to right side
- 31&32 Cross right behind left (making ½ turn right), step left to side, step right in place
- 33-34 Kick left foot forward, kick left foot to left side
- 35&36 Cross left behind right (making ¼ turn left), step right to side, step left in place

## ROCK STEPS

- 37&38 Rock right forward, step left in place, step right together
- 39&40 Rock left back, step right in place, step left together
- 41&42 Rock right to right side, step left in place step right together
- 43&44 Rock left to left side, step right in place, step left together

## RIGHT LOCK STEP FORWARD

- 45& Step right forward, lock left behind right
- 46& Step right forward, lock left behind right
- 47& Step right forward, lock left behind right
- 48 Step right forward

## REPEAT

