

# Running Scared

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate / Advanced



**Chorégraphe:** Yvonne Anderson (SCO) - September 2013

**Musique:** Sometimes (Radio Edit) - Britney Spears : (Album: The Singles Collection - deluxe version remastered)

**Notes:** Start just before vocal, Restart wall 2 (dance through to count 32 begin again facing 6 o'clock), Tag wall 5 (dance through to count 24, then add four hip sways R,L,R,L – begin again facing 3 o'clock)

## [1-8] ROCK FORWARD, RECOVER, STEP BACK, ½ LEFT X 2, COASTER STEP, SHUFFLE FORWARD

- 1-2& Rock R forward, Recover weight on L, (&) Step R slightly back preparing to turn left [12]  
3-4 Make ½ turn left stepping L forward, Make ½ turn left stepping R back [12]  
5&6 Step L back (&) Step R beside left, Step L slightly forward [12]  
7&8 Shuffle forward stepping R, L, R [12]

## [9-16] STEP SIDE, DRAW, BALL-CROSS & CROSS, ROCK, RECOVER with DRAW, COASTER STEP

- 1-2 Step L to left (long step), Draw R to left weight remains on left throughout [12]  
&3&4 (&) Step R beside left, Step L across right, (&) Step R to right (small step), Step L across right [12]  
5-6 Rock R to right, Recover weight on L drawing right to left weight on L [12]  
7&8 Step R back, (&) Step L beside right, Step R forward [12]

## [17-24] STEP, HITCH ½ LEFT, SHUFFLE FORWARD, ¼ RIGHT, CROSS SHUFFLE

- 1-2 Step L forward, With weight on left hitch R knee and make ½ turn left [6]  
3&4 Shuffle forward stepping R,L,R [6]  
5-6 Make ¼ turn right stepping L to side, Make ½ turn right stepping R to right [3]  
7&8 Step L across right, (&) Step R to right, Step L across right [3]

**\*\*\* Tag & Restart wall 5, dance through to count 24, facing 3 o'clock, add four hip sways R,L,R,L – begin again) \*\*\***

## [25-32] SIDE ROCK, RECOVER, BEHIND-SIDE-FORWARD, ½ TURN RIGHT, STEP BACK, COASTER STEP

- 1-2 Rock R to right, Recover weight on L [3]  
3&4 Step R behind left, (&) Step L to left, Step R forward [3]  
5-6 On ball of R make ½ turn right stepping L back, Step R back [9]  
7&8 Step L back, (&) Step R beside left, Step L slightly forward [9]

**\*\*\*Restart wall 2, dance through to count 32, facing 6 o'clock, begin again)\*\*\***

## [33-40] SIDE, BEHIND, BALL-CROSS, MONTEREY FULL TURN, SIDE ROCK, CROSS, HEEL JACK

- 1-2 Step R to right, Step L behind right [9]  
&3-4 (&) Step ball of R slightly back, Step L across right, Point R toes to right (start of monterey turn) [9]  
5-6& On ball of L make a full turn right stepping R beside left, Rock L to left, (&) Recover weight on R [9]

**(count 5 non-turning alternate: step R beside left)**

- 7&8& Step L across right, (&) Step R back, Touch L heel forward, (&) Step L beside right [9]

## [41-48] WALK FORWARD R&L, SHUFFLE, STEP ¼ RIGHT, CROSS SHUFFLE

- 1-2 Walk forward stepping R, L [9]  
3&4 Shuffle forward stepping R,L,R [9]  
5-6 Step L forward, Make ¼ turn right taking weight on R [12]  
7&8 Step L across right, (&) Step R to right, Step L across R [12]

**[49-56] 3/4 LEFT, SHUFFLE FORWARD, MAMBO with SWEEP BEHIND-SIDE-CROSS**

- 1-2 Make ¼ turn left stepping R back, Make 1/2 turn left stepping L forward [3]  
3&4 Shuffle forward stepping R,L,R [3]  
5&6& Rock L forward, (&) Recover weight on R, Step L slightly back (&) Begin to sweep right from front to back [3]  
7&8 Step R behind left, (&) Step L to left, Step R across left [3]

**[57-64] SIDE SWAY, RECOVER, BEHIND- ¼ RIGHT x 2, ROCK-RECOVER-SIDE, ROCK BACK RECOVER**

- 1-2 Rock L to left with hip sway, Recover weight on R [3]  
3&4 Step L behind right, (&) Make ¼ turn right stepping R forward, Make ¼ turn right stepping L to side [9]  
5-6& Rock R behind left, Recover weight on L, (&) Step R to right long step [9]  
7-8& Rock L behind right, Recover weight on R, (&) Step L forward [9]

**REPEAT**

Contact: [elyron@hotmail.co.uk](mailto:elyron@hotmail.co.uk)

---