

# Run & Hide

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Tracy Brown (UK)  
音乐: 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

