

# 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

