

# Run & Hide

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Linda Burgess (AUS) - June 2024  
音樂: Alibi (feat. Rudimental) - Ella Henderson



Song Link: <https://open.spotify.com/track/5Jpz4nv8nA6FIYO5gEyQa2?si=5b5b8322cab64e0c>

Intro: 16 counts. Start just before the word "you"

## [1-8] RUMBA BOX, SIDE, TOGETHER, ¼ FWD, STEP, PIVOT ½, STEP

1&2,3&4      Step R to R, step L beside R, step fwd R, step L to L, step R beside L, step back L 12.00  
5&6,7&8      Step R to R, step L beside R, turn ¼ R & step fwd R, step fwd L, pivot ½ turn R, step fwd L 9.00

## [9-16] FULL TURN, STEP, PIVOT ¼, CROSS/BEND, BEHIND, SIDE, CROSS, REPLACE, SIDE, CROSS, SIDE/DRAG

1,2,3&4      Turn ½ L & step back R, turn ½ L & step fwd L, step fwd R, pivot ¼ turn L, cross R over L (with slightly bent knees) (keep weight on R) 6.00  
5&6&7&8      Cross/step L behind R, step R to R, cross L over R, rock back onto to R, step L to L, cross R over L, big step L & drag R (\*Restart Wall 3) 6.00

## [17-24] DIAMOND TURN 3/8THS R (modified), 3 RUNS FWD & HITCH

1&2,3&4      Sweep & Cross R over L, step L to L, turn 1/8th R & step back R/dragging L to R 7.30 step back L, turn 1/8th R & step R to R (9.00), turn 1/8th R & step fwd L /dragging R to L 10.30  
5&6,7&8&8      Step fwd R (10.30), turn 1/8th R & step L to L (12.00), big step R to R/dragging L to R, run fwd L, R, L, hitch R 12.00

## [25-32] R SAMBA/CROSS, L SAMBA ¼ R, SLOW PIVOT ½, 2 X QUICK PIVOTS ½ TURN

1&2,3&4      Rock/step R to R, replace weight to L, cross R over L, rock/step L to L, turn ¼ R & replace weight to R, step fwd L, 3.00  
5,6&7&8      Step fwd R (5), pivot ½ turn L (6), step fwd R (&), quick pivot ½ turn L (7), step fwd R (&) quick pivot ½ turn L (8) 9.00

Begin Again!

Restart: Wall 3. Dance counts 1-16. Restart facing 12.00

Something Extra: 32 counts

At the end of Wall 4, facing 9.00. Dance these 16 counts "TWICE" then start the Dance facing 9.00

1,2&3,4      Big step to R & drag L over 2 counts (1,2), step L beside R (&), cross R over L (3), step L to L (4)  
5,6&7,8      Turn 1/8thR & step back R & drag L back to R (over 2 counts) (5,6), step L beside R, (&) step fwd R, (7), step fwd L (8) 10.30  
1,2&3,4      Step fwd R (1), pivot ½ turn L (2), step R beside L (&), step fwd L (3), step fwd R (4) 4.30  
5,6&7,8      Rock/step fwd L (5), replace weight to R (6), step L beside R (&), step fwd R (7), pivot 5/8th's over L (8) (weight on L). 9.00

Finish: Step R to R & take arms up slowly to a V shape over 4 counts, bring arms down slowly to sides over 4 counts.

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