

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&6,17&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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