

Run & Hide

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tracy Brown (UK)
音樂: 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

