

# Run For Cover

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Karen Looker (UK) & Ryan Wareing (UK)  
音樂: Run for Cover - Sugababes



Sequence: AA, BA, BB, A, A (missing the last 16 counts), BB, B (Finish the last B to unwind to the front)

## SECTION A

### SKATE X 4, CROSS, POINT, CROSS, POINT

1-2-3-4              Skate right, left, right, left  
5-6                  Cross right foot over left foot, point left foot to left side  
7-8                  Cross left foot over right foot, point right foot to right side

### JAZZ BOX, ¼ TOE, ¼ HEEL, ¼ TOE, ¼ HEEL (WITH HIP BUMPS)

1-2                  Cross right foot over left foot, step left foot back  
3-4                  Step right to right side, step left foot next to right foot  
5&                  Turn ¼ over your left shoulder while pointing right toe to right side (9:00) bumping hips to right  
6                      Turn ¼ over your right shoulder while placing the heel down on the right foot (12:00)  
7&                  Turn ¼ over your right shoulder while pointing left toe to left side (3:00) bumping hips to left  
8                      Turn ¼ over your left shoulder while placing the heel down on the left foot (12:00)

### SIDE, BEHIND, AND TOUCH AND STEP, STEP ½ PIVOT, LEFT SHUFFLE FORWARD

1                      Step right foot to right side  
2                      Step left foot behind right foot  
&                      Step right foot to right side  
3                      Touch left foot slightly in front of right foot  
&                      Step left foot next to right foot  
4                      Step right foot forward  
5                      Step left foot forward  
6                      Pivot ½ turn over the right shoulder (6:00)  
7                      Step left foot forward  
&                      Step right foot next to left foot  
8                      Step left foot forward

### HITCH TURN ¼ X4, SIDE SHUFFLE, MAMBO BACK

&-1                  Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (3:00)  
&-2                  Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (12:00)  
&-3                  Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (9:00)  
&-4                  Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (6:00)  
5                      Step right foot to right side  
&                      Step left foot next to right  
6                      Step right foot to right side  
7                      Rock left foot backwards  
&                      Rock back on right foot  
8                      Step left besides right

## SECTION B

### SIDE, ROCK BACK AND SIDE, CROSS ¾ UNWIND, STEP ½ PIVOT

1                      Large step - right foot to right side  
2                      Hold  
3&4                  Rock back on the left foot, recover on the right, step left foot to left side

- 5 Touch right foot behind left
- 6 Unwind  $\frac{3}{4}$  over right shoulder taking weight on right foot
- 7 Step forward on left foot
- 8 Turn  $\frac{1}{2}$  over right shoulder stepping right foot forward

**LEFT SHUFFLE, STEP, SWEEP, STEP, SWEEP, CROSS, SIDE, BEHIND, SIDE**

- 1&2 Step left foot forward, step right foot next to left foot, step left foot forward
- 3-4 Step right foot forward, sweep left round
- 5-6 Step left foot forward, sweep right round
- 7 Cross right foot over left
- & Step left foot to left side
- 8 Step right foot behind left foot
- & Step left foot to left side

**CROSS ROCK, FULL TRIPLE TURN, CROSS ROCK, BACK SHUFFLE**

- 1-2 Cross rock right foot over left, recover weight on left foot
- 3  $\frac{1}{4}$  turn over right shoulder stepping right forward
- &  $\frac{1}{2}$  turn over right shoulder stepping left foot back
- 4  $\frac{1}{4}$  turn over right shoulder stepping right to right side
- 5-6 Cross rock left foot over right, recover weight on right foot
- 7&8 Step left foot back, step right foot next to left, step left foot back

**SAILOR, BEHIND AND STEP, CROSS FULL UNWIND**

- 1&2 Cross right foot behind left foot, step left foot to left side, step right foot in place
  - 3 Left foot behind right foot
  - & Right foot to right side
  - 4 Step left foot forward
  - 5 Cross right foot over left
  - 6-7-8 Unwind a full turn over left shoulder with weight ending on left foot
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