

# Run & Hide

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** John Warnars (NL) - November 2008

**Music:** Sometimes - Britney Spears : (CD: Baby One More Time)



## Start dancing on lyrics

### **Cross Rock, Recover, Side Shuffle, Cross Rock, Recover, Side Shuffle ¼ Turn**

- 1-2 Cross/rock right over left, recover to left
- 3&4 Step right to side, step left together, step right to side
- 5-6 Cross/rock left over right, recover to right
- 7&8 Step left to side, step right together, turn ¼ left and step left forward

### **Step, ½ Turn, Full Turn, Rock, Recover, Coaster Cross**

- 1-2 Step right forward, turn ½ left (weight to left)
- 3&4 Turn ½ left and step right back, turn ½ left and step left forward, step right forward
- 5-6 Rock left forward, recover to right
- 7&8 Step left back, step right together, cross left over right

### **Side Rock, Recover, Sailor Cross, Side Rock, Recover, Sailor Step ¼ Turn**

- 1-2 Rock right to side, recover to left
- 3&4 Cross right behind left, step left to side, cross right over left
- 5-6 Rock left to side, recover to right
- 7&8 Cross left behind right, turn ¼ right and step right forward, step left forward

### **Out, Out, Sailor Step, Cross, ¾ Turn, Hip Sways Right, Left**

- 1-2 Step right diagonally forward, step left diagonally forward
- 3&4 Cross right behind left, step left to side, step right to side
- 5-6 Cross left behind right, unwind ¾ left (weight to left)
- 7-8 Step right to side and push hips to right, left (weight to left)

## REPEAT

## RESTARTS

Restart on the 7th wall AFTER count 16

Restart on the 9th wall AFTER count 28, adding an extra '&' count by stepping left together

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