

# Run & Hide

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: John Warnars (NL) - November 2008  
音乐: 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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