

Run & Hide

拍數: 32 牆數: 4 級數: Intermediate
編舞者: John Warnars (NL) - November 2008
音樂: 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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