

Run & Hide

32 Count, 4 Wall, Intermediate

Choreographer: John Warnars (NL) November 08

Choreographed to: Sometimes by Britney Spears
(96bpm)

16 count intro

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN;

1. RF step/rock forwards across LF
- 2 LF weight back on LF
- 3 RF step to right side
- & LF step/close next to RF
- 4 RF step to right side
- 5 LF step/rock forwards across RF
- 6 RF weight back on RF
- 7 LF step to left side
- & RF step/close to LF
- 8 LF step with ¼ turn left forwards

STEP, ½ TURN, FULL TURN, ROCK, RECOVER, COASTER CROSS;

- 1 RF step forwards
- 2 LF+RF make a ½ turn left
- 3 RF step with a ½ turn left backwards
- & LF step with a ½ turn left forwards
- 4 RF step forwards
- 5 LF step/rock forwards
- 6 RF weight back on RF
- 7 LF step backwards
- & RF step/close next LF
- 8 LF step across RF

SIDE ROCK, RECOVER, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR STEP ¼ TURN;

- 1 RF step/rock to right side
- 2 LF weight back on LF
- 3 RF cross RF behind LF
- & LF step to left side
- 4 RF step across LF
- 5 LF step/rock to left side
- 6 RF weight back on RF
- 7 LF cross LF behind RF
- & RF step with a ¼ turn right forwards
- 8 LF step forwards

OUT, OUT, SAILOR STEP, CROSS, ¾ TURN, HIP SWAYS R, L;

- 1 RF step diagonal forwards
- 2 LF step diagonal forwards
- 3 RF cross RF behind LF
- & LF step to left side
- 4 RF step to right side
- 5 LF cross LF behind RF
- 6 LF+RF make a ¾ turn left
- 7 RF step to right side and push hips to right
- 8 LF push hips to left (weight on LF)

1 RF start again**RESTARTS:**on the 7^e wall after count 16 restart the danceon the 9^e wall after count 28, comes a "& count" extra!!!

after "OUT, OUT, SAILOR STEP", on "& count" close LF next RF and start again!

