

# RUN FOR COVER

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Karen Looker & Ryan Wareing

**Music:** Run For Cover by The 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  $\frac{1}{2}$  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 $\frac{1}{4}$ X4, SIDE SHUFFLE, MAMBO BACK**

- &-1 Hitch right leg, turn  $\frac{1}{4}$  over left shoulder and touch right foot to right side (3:00)
- &-2 Hitch right leg, turn  $\frac{1}{4}$  over left shoulder and touch right foot to right side (12:00)
- &-3 Hitch right leg, turn  $\frac{1}{4}$  over left shoulder and touch right foot to right side (9:00)
- &-4 Hitch right leg, turn  $\frac{1}{4}$  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 $\frac{3}{4}$ UNWIND, STEP $\frac{1}{2}$ 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

**3¼ turn over right shoulder stepping right forward**

**&½ turn over right shoulder stepping left foot back**

**4¼ 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