

Hittin The Hay

Count: 60

Wand: 4

Ebene:

Choreograf/in: Donna Eliassen (AUS)

Musik: Hittin' the Hay - Rednex



1-2 Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot

3-4 Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot

5&6 Rock left over right, rock right on spot, rock left over right

7&8 Rock right over left, rock left on spot, rock right over left

Rock onto right heel here, and commence heel grinding

9-10 Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground

11-12 Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground

13-14 Rock left over right, rock right on spot, rock left over right

15-16 Rock right over left, rock left on spot, rock right over left

17-18 Elvira cha-cha to left

19-20 Rock back on right, step left in place

21-22 Elvira cha-cha to right

23-24 Rock back on left, step right in place

25-26 Step forward on left-wiggle walk, step forward on right-wiggle walk

27&28 Shuffle forward left-right-left (turning body 45 degrees to right)

29-30 Step forward on right-wiggle walk, step forward on left-wiggle walk

31-32 Shuffle forward right-left-right (turning body 45 degrees to left)

33-34 Rock forward on left, step right on spot

35-36 Turn ½ turn left, cha-cha-cha-ing left-right-left

37-38 Rock forward on right, step left on spot

39-40 (Small) shuffle backwards right-left-right

STAR JUMPS

41 Jump onto left foot, putting right heel out at 45 degrees to right

42 Jump cross legged right over left

43 Jump onto right foot, putting left heel out at 45 degrees to left

44 Jump feet together

45-46 Touch right toe to side, cross right over left

47-48 Unwind, clap

49-50 Step forward on right, pivot ¼ turn to left kicking left foot forward

51&52 Cha-cha-cha left-right-left

53-54 Step forward on right, pivot ½ turn to left

55&56 Shuffle forward right-left-right

57-58 Touch left toe to side, cross left over right

59-60 Unwind, clap

REPEAT
