

Hit And Run

Count: 32

Wall: 4

Level: Beginner

Choreographer: Bobby Chong (CAN) - June 2024

Music: Hit and Run - Nickola Magnolia



Start: 16 counts – start dancing on lyrics

HEEL HOOK RIGHT, HEEL HOOK LEFT

- 1-2 Tap R heel diagonally forward, hook R heel across left
- 3-4 Tap R heel diagonally forward, step R heel beside left
- 5-6 Tap L heel diagonally forward, hook L heel across right
- 7-8 Tap L heel diagonally forward, step L heel beside right

LINDY RIGHT, LINDY LEFT

- 9&10 Step R to right, step-close L beside right, step R to right
- 11-12 Rock back onto L, recover forward onto R
- 13&14 Step L to left, step-close R beside left, step L to left
- 15-16 Rock back onto R, recover forward onto L

MONTEREY ½ TURN RIGHT, MONTEREY ¼ TURN RIGHT

- 17-18 R foot point toes to right, make ½ turn right stepping R foot next to left
- 19-20 L foot point toes to left, L footstep beside right (6:00)
- 21-22 R foot point toes to right, make ¼ turn right stepping R foot next to left
- 23-24 L foot point toes to left, L footstep beside right (9:00)

DIAGONAL FORWARD LOCK RIGHT, DIAGONAL FORWARD LOCK LEFT

- 25-26 Step R diagonally forward, lock L behind right
- 27-28 Step R diagonally forward, brush L forward
- 29-30 Step L diagonally forward, lock R behind left
- 31-32 Step L diagonally forward, touch R beside left

REPEAT

TAG: (at the end of wall 5 facing 9:00) STEP TOUCHES

- 1-2 Step R to right side, touch L foot next to right
- 3-4 Step L to left side, touch R foot next to left

END: (wall 11 facing 6:00) STEPS 1-16

- 17-18 Step R to right side, cross L behind right
- 19-20 Unwind ½ turn left (12:00)
- 21-22 Sway hips R L
- 23-24 Sway hips R L

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