

Hit & Run

COPPER **KNOB**
BY STEPHEN METZ

Count: 32

Wall: 4

Level: ultra Beginner east coast swing

Choreographer: Danny Leclerc (CAN)

Music: Hit and Run - Peter Myles



Festival PLEUMEUR BODOU Côtes d'Armor France, 15, 16 et 17 juillet 2005 1st Position UCWDC Montreal Grand-Prix May 2005 (Newcomer Choreography)

TOE STRUT, TOE STRUT, WALK

- 1-2 Left toe strut forward
 - 3-4 Right toe strut forward
 - 5-8 Walk forward left-right-left-right
- Toe strut: step on ball and drop heel with emphasis**

TOE STRUT, TOE STRUT, WALK

- 1-2 Left toe strut backward
- 3-4 Right toe strut backward
- 5-8 Walk backward left-right-left-right

SIDE LEFT, TOGETHER, SIDE LEFT, TAP, SIDE RIGHT, TOGETHER, SIDE RIGHT, TAP

- 1-2 Step left to side, step right together
- 3-4 Step left to side, touch right together
- 5-6 Step right to side, step left together
- 7-8 Step right to side, touch left together

SIDE LEFT, TAP, SIDE RIGHT, TAP, SIDE, TOGETHER, SIDE ¼ LEFT, TOGETHER

- 1-2 Step left to side, touch right together
- 3-4 Step right to side, touch left together
- 5-6 Step left to side, step right together
- 7-8 Step left to side turning ¼ left, step right together

REPEAT
