

# Hay Runnin'

Compte: 96

Mur: 1

Niveau: Phrased Intermediate

Chorégraphe: Marthijn Houben (BEL) - September 2024

Musique: Hit The Hay Runnin' - Aaron Watson



Info: 16 counts intro (A B62 Tag1 A B B32 Tag2 B B B)

## Part A (32 counts)

### Scuff, out out, knee in R+L, heel switches, coaster

- 1&2 RF scuff, RF step aside, LF step aside  
3&4& R knee in, R knee out (weight on RF), L knee in, L knee out (weight on LF)  
5&6 RF touch heel fwd, RF step close to LF, LF touch heel fwd.  
7&8 LF step bwd., RF step close to LF, LF step fwd.

### Stomp, stomp, heel fan, kick, rock, 1/4 L, behind, side, cross

- 1,2 RF stomp fwd., LF stomp in place  
3&4 R heel out, R heel in, RF kick fwd.  
5&6 RF rock bwd., recover on LF, RF step 1/4 turn L aside.  
7&8 LF step behind RF, RF step aside, LF step across RF

### Slide, touch, coaster, pivot 1/2 , pivot 1/4

- 1,2 RF big step aside, LF touch close to RF  
3&4 LF step bwd., RF step close to LF, LF step fwd.  
5,6 RF step fwd., turn 1/2 L (weight on LF).  
7,8 RF step fwd., turn 1/4 L (weight on LF).

### Heel, heel, touch, heel, coaster, kick, ball, cross

- 1&2& RF touch heel fwd., RF step close to LF, LF touch heel fwd., LF step close to RF.  
3&4 RF touch toe close to LF, RF step close to LF, LF touch heel fwd.  
5&6 LF step bwd., RF step close to LF, LF step fwd.  
7&8 RF kick fwd., RF step on ball of foot, LF step across RF.

## Part B (64 counts)

### 1/4 R rock (2x), electric kick, stomp, hold.

- 1,2,3,4 RF rock with 1/4 turn R, recover on LF, RF rock with 1/4 turn R, recover on LF.  
5,6,7,8 RF rock bwd & LF kick fwd., recover on LF, RF stomp close to LF, hold.

### Toe heel toe swivel 1/4 R, touch, scissor, stomp.

- 1,2,3,4 R toe out, R heel out, R toe out with 1/4 turn R, LF touch close to RF  
5,6,7,8 LF step aside, RF step close to LF, LF step across RF, RF stomp close to LF.

### Pigeon toe, 2x heel jack (weight on toe & opposed heel & traveling R)

- 1,2,3,4 toe split, bring toe together & heel split, toe split, bring toe together & heel split  
5,6 (jumping) LF diag. Bwd. & RF touch heel diag. Fwd., R+L back in center.  
7,8 (jumping) RF diag. Bwd. & LF touch heel diag. Fwd., R+L back in center.

### (jumping) cross&hook, close&kick, rock&kick, close, cross&hook, 1/4 kick, 1/4 kick, flick.

- 1,2 RF jump across LF & LF hook behind RF, LF jump bwd. & RF kick fwd.  
3,4 RF jump diag. Bwd. & LF kick fwd., LF jump back in center.  
5,6 RF jump across LF & LF hook behind RF, LF jump bwd. with 1/4 turn R & RF kick fwd.  
7,8 RF jump bwd. with 1/4 turn R & LF kick fwd., LF jump fwd.

Restart B32

**Step lock step, scuff, 1/4 R chassé, touch.**

1,2,3,4 RF step fwd., LF step behind RF, RF step fwd., LF scuff.  
5,6,7,8 LF step aside with 1/4 turn R, RF step close to LF, LF step aside, RF touch close to LF.

**Side, heel twist, kick, behind, 1/4 L rock, 1/2 L fwd.**

1,2,3,4 RF step aside, L heel in, L heel out (weight on LF), RF kick diag. fwd.  
5,6,7,8 RF step behind LF, LF rock 1/4 turn L, recover on RF, LF step fwd. with 1/2 turn L.

**Step lock step, scuff, pivot 1/4 R, cross, side.**

1,2,3,4 RF step fwd., LF step behind RF, RF step fwd., LF scuff.  
5,6,7,8 LF step fwd., turn 1/4 R (weight on RF), LF step across RF, RF step aside.

**Behind, side, cross rock, side, 2x stomp, stomp up**

1,2,3,4 LF step behind RF, RF step aside, LF rock across RF, recover on RF.  
5,6 LF step aside, RF stomp close to LF

**Restart B62**

7,8 LF stomp close to RF, RF stomp close to LF.

**Tag 1 (16 counts)**

**1/2 walk around, rumba bwd.**

1,2 RF step fwd. with 1/8 turn R, LF step fwd. with 1/8 turn R  
3,4 RF step fwd. with 1/8 turn R, LF step fwd. with 1/8 turn R  
5&6 RF step aside, LF step close to RF, RF step bwd.  
7&8 LF step aside, RF step close to LF, LF step fwd.

**Do this section 2x**

**Tag 2 (64 counts)**

**TS1: Stomp (2X), pivot 1/4, cross, hold, touch, heel.**

1,2,3,4 RF stomp fwd. (2x), LF step fwd., 1/4 turn R (weight in RF)  
5,6,7,8 LF step across RF, hold, RF touch toe close to LF & bend knee in, RF touch heel & bend knee out.

**TS2-TS8: 1/4 R stomp, stomp, pivot 1/2, cross, hold, touch heel**

1,2,3,4 RF stomp fwd. with 1/4 turn R, RF stomp fwd., LF step fwd., 1/4 turn R (weight in RF)  
5,6,7,8 LF step across RF, hold, RF touch toe close to LF & bend knee in, RF touch heel & bend knee out.

**Do this section 7x**

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