

# Hit & Run

**COPPER** **KNOB**  
BY STEPHEN METZ

**Compte:** 32

**Mur:** 4

**Niveau:** ultra Beginner east coast swing



**Chorégraphe:** Danny Leclerc (CAN)

**Musique:** Hit and Run - Peter Myles

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**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**

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