

Hit Me Up

Compte: 32

Mur: 4

Niveau: Improver hip hop

Chorégraphe: Kerly Luige (EST)

Musique: Hit Me Up (Radio Edit) - Gia Farrell



When the lyrics start, wait 16 counts and then start dancing

SIDE-ROCK ¼ TO LEFT-TOGETHER, SIDE-ROCK-TOGETHER, 2X STEP-KICK-BACK-TOGETHER

- 1&2 Rock right to right side facing ¼ to left, recover weight on left facing the front wall again, step together with right
- 3&4 Rock left to left side, recover weight on right, step together with left
- 5&6& Step right forward, kick left forward, step left back, step together with right
- 7&8& Step left forward, kick right forward, step right back, step together with left

CHARLESTON-STEP, SIDE-ROCK-BOX-STEP ¼ TO RIGHT WITH CHEST PRESS

- 1-2 Step right forward, touch left forward
- 3-4 Step left back, touch right back
- 5& Rock right to right side, recover weight on left foot
- 6& Step right across left, step left back making ¼ turn to right
- 7&8 Step right to right side, press your chest forth and shoulders back twice

STEP-LOCK-STEP-LOCK-STEP-LOCK-STEP-LOCK, 2X BODY-ROLL WITH CLAP

- 1&2& Step right forward, lock left behind right, step right forward, lock left behind right
- 3&4& Step right forward, lock left behind right, step right forward, lock left behind right

During the step-locks keep your knees slightly bent

- 5&6 Lean upper body to right side bending right knee, recover to upright & clap
- 7&8 Lean upper body to left side bending left knee, recover to up left & clap

CROSS-TOUCH-BEHIND-TOUCH, CROSS-SHUFFLE-STEP, PIVOT-TURN ½, 2X KICK & STEP

- 1& Step right across left, touch left to left side
- 2& Step left behind right, touch right to right side
- 3&4& Step right across left, step left to left side, step right across left, step left to left side
- 5-6 Step right forward, make a ½ turn to left
- 7& Kick right forward, step right forward
- 8& Kick left forward, step left forward

REPEAT
