

# Hit The Ground

**Compte:** 48

**Mur:** 2

**Niveau:** Improver / Intermediate



**Chorégraphe:** Shaz Walton (UK) & Dave Baycroft (UK) - May 2009

**Musique:** Hit the Ground Runnin' - Keith Urban : (Album: Defying Gravity)

## 48 Count Intro

### Cross Rock, Recover, ¼R, ¼R point, Together, Point, ½R, Point (Monterey)

- 1-2 Cross rock right over left, Recover on left
- 3-4 Make ¼ right stepping right forward, Make ¼ right pointing left to left side
- 5-6 Step left beside right, Point right to right side
- 7-8 Make ½ turn right stepping right beside left, Point left to left side (Monterey)

### Cross Shuffle, ¼L, ¼L, Rock, Recover, ½R, Brush

- 1&2 Cross step left over right, Step right to right side, Cross step left over right (Cross Shuffle)
- 3-4 Make ¼ left stepping back right, Make ¼ left stepping left to left side
- 5-6 Rock forward on right, Recover on left
- 7-8 Make ½ turn right stepping right forward, Brush left forward

### Shuffle Forward, Rock, Recover, ½R, ¼R, Behind, Side

- 1&2 Step left forward, Step right beside left, Step left forward (Shuffle)
- 3-4 Rock forward right, Recover on left
- 5-6 Make ½ right stepping right forward, Make ¼ right stepping left to side
- 7-8 Cross step right behind left, Step left to left side

### Cross, Side, Sailor ¼R, Rock, Recover, &Together, Heel Tap x2

- 1-2 Cross step right over left, Step left to left side
- 3&4 Cross step right behind left, Step left to left side, Step right to right side (Sailor)
- 5-6& Rock forward left, Recover on right, Step left next to right
- 7-8 Tap right heel forward, Tap right heel forward

### Touch, Kick, Syncopated Jazz, Step Forward, ½R Pivot, ¼R Side Left, Hold

- 1-2 Touch right toe next to left (Pop right knee), Kick right diagonal right
- 3&4 Cross step right over left, Step back left, Step right to right side (Jazz)
- 5-6 Step left forward, ½ Pivot right
- 7-8 ¼ right step left to side left, Hold

### Right Wizard, ¼L Touch Left Side, Hold, &Together, Weave

- 1-2& Step right diagonal right, Lock left behind right, Step right diagonal right (Wizard)
- 3-4& ¼ left point left to left side, Hold, Step left next to right
- 5-6 Cross step right over left, Step left to left side
- 7-8 Cross step right behind left, Step left to left side (Weave)

## Start Again

### Tag- End of walls 1 & 3 (Facing back wall both times)

#### Right Kick, Jazz, Left Kick, Jazz

- 1-2 Kick right across left, Cross step right over left
- 3-4 Step back left, Step right to right side
- 5-6 Kick left across right, Cross step left over right
- 7-8 Step back right, Step left to left side

Shaz Walton : shaz5678@sky.com

Dave Baycroft : [bigdavegastap@aol.com](mailto:bigdavegastap@aol.com)  
[www.bigdavegastap.cpm](http://www.bigdavegastap.cpm)

---