

Hit The Ground

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Mamalinedance Mei Kwo (USA) - January 2015
音乐: Hit The Ground (Original Fm Cut) - Kique Santiago



Intro: Start on vocals 32 counts - No Tag, No Restarts

STEP, PIVOT, STEP, PIVOT, JUMP FORWARD & BACK (12.00)

1-2 Step right foot forward, pivot 1/2 turn left
3-4 Step right foot forward, pivot 1/2 turn left
&5-6 Small step right forward, step left together, (option: clap hands)
&7-8 Small step right back, step left together, (option: clap hands)

STEP, PIVOT, STEP, PIVOT, JUMP FORWARD & BACK (12.00)

1-2 Step left foot forward, pivot 1/2 turn right
3-4 Step left foot forward, pivot 1/2 turn right
&5-6 Small step left forward, step right together, (option: clap hands)
&7-8 Small step left back, step right together, (option: clap hands)

ROCK RECOVER, CROSSING SHUFFLE, ROCK RECOVER, MAKE 1/4 RIGHT FORWARD SHUFFLE (3.00)

1-2 Rock right to right, recover on left (12.00)
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, recover on right
7&8 Step forward L. Step R together, step L forward (3.00)

ROCKIN' CHAIR, JAZZ BOX 1/4 turn right (6.00)

1-2 Rock fwd. right, recover
3-4 Rock back right, recover
5-6 Cross right over left, step back on right
7-8 1/4 turn to right step right to side, step left next to right (6:00)

Start Again - Have Fun

Thanks! Have A Great Day!

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Last Update - 18th Jan 2015
