

Hit Me Up

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Phoenix Adamson (NZ), Celia Stevens (NZ), Karen Hannaford (NZ), Deborah
Plunket & Shelley Moore (NZ) - September 2019
音乐: Hit Me Up - Gia Farrell : (Album: Happy Feet - Music From The Motion Picture)



Intro: 8 counts – Approx. 4secs (Start on the word “BABY-BABY” ...) No restarts/No tags.

[1-8] SAILOR DIG, TOG, CROSS SHUFFLE, TOG, HEEL. TOG, CROSS, TOG, HEEL, TOG, CROSS {Vaudevilles L-R}

1&2 [Sailor Dig] Cross R behind left, step L to side, touch R heel forward to right corner
&3&4 Step R together, cross L over, step R to side, cross L over
&5&6 [Vaudeville L] Step R to side, touch L heel forward to left corner, step L together, cross R
over
&7&8 {Vaudeville R} Step L to side, touch R heel forward to right corner, step R together, cross L
over

[9-16] SIDE, TOUCH, SIDE, TOUCH, COASTER BACK, FWD SHUFFLE, STOMP SWIVET

&1&2 Step R side, Touch L beside right, Step L side, Touch R beside left
3&4 Step R back, Step L together, Step R forward
5&6, 7 Step L forward, Step R together, Step L forward, Stomp R beside left
&8 [Swivet L] On ball of R foot and heel of L foot swivel right heel to the right and left toes to the
left, Return both feet to centre

[17-24] BACK, ½ HITCH, FWD, ¼ HITCH, SIDE SHUFFLE, SAILOR STEP, SAILOR DIG

1&2& Step R back, Turn ½ left hitching L knee, Step L forward, Turn ¼ left hitching R knee - 3:00
3&4 Step R side, Step L together, Step R side
5&6 [Sailor step] Cross L behind right, step R side, step L side
7&8 [Sailor Dig] Cross R behind left, step L side, touch R heel forward to right diagonal

[25-32] TOG, CROSS, SIDE, ½ SAILOR, SWAY R, SWAY L, SIDE SHUFFLE

&1,2 Step R together, Cross/Step L over, Step R to side
3&4 Turning ¼ left Cross/Step L behind right, Turn ¼ L stepping R beside left, Cross/Step L over
right - 9:00
5,6 Step R to side swaying to the right, Sway to left dragging R towards left
7&8 Step R to side, Step L together, Step R to side

[33-40] ROCK FWD, RECOVER, COASTER STEP, TOG, ROCK FWD , RECOVER, ½ SHUFFLE

1,2, Rock/Step L forward, Recover weight on R
3&4& Step L back, Step R together, Step L forward, Step R together
5,6, Rock/Step L forward, Recover weight on R
7&8 Turn ¼ left Stepping L side, Step R together, Turn ¼ left Stepping L forward - 3:00

[41-48] R SHIMMY, L SHIMMY, 1/8 FWD, 1/8 FWD, TRIPLE 3/4 TURN, TOG

1&2 Step R diagonal forward right & shimmy shoulders, Touch L next to right & shimmy shoulders
3&4 Step L diagonal forward left & shimmy shoulders, Touch R next to left & shimmy shoulders
5,6, Turn 1/8 Right Step R forward, Turn 1/8 right Step L forward - 6.00
7&8& Turn ¾ right Stepping R-L-R, Step L slightly to left side - 3:00

*Note: {counts 5-8 should be done as a full circle turn, turning over your right shoulder}

[48] REPEAT & ENJOY!

This dance was put together to celebrate Whitestone Line Dancers 25yrs of line dancing in Oamaru. We hope

you like it as much as we did choreographing it. We had SOOO much fun in Oamaru, thank you Whitestone Line Dancers.

Cheers Team Waikato, Auckland

E-mail: Stevenscelia3@gmail.com – hakunamatata1969@hotmail.com July 2019
