

Hit & Hit

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Eun Mi Lim (KOR) - July 2020
音乐: Hit & Hit (히트다 히트) - KOYOTE (코요태)



Notes: AA', Tag1 (8c), BB, AA', Tag2 (4c), BB, BB, AA', Tag1 (8C)

Intro: 32 counts

Part A (32 counts)

Sec 1: R Toe Touch (Out-In) 2X, R Vine, L Touch

1-2 Touch R toe to right side, Touch R toe beside L

***Option: Thump up (A': Heart finger) and push right both arms at shoulder height**

3-4 Touch R toe to right side, Touch R toe beside L

***Option : Thump up (A': Heart finger) and push right both arms at waist height**

5-6 Step R to right side, Step L behind R

7-8 Step R to right side, Touch L toe beside R

***Option: Thump Up (A': Heart finger) and turn your arms from right to left**

Sec 2: L Toe Touch (Out-In) 2X, L Vine, R Touch

1-2 Touch L toe to left side, Touch L toe beside R

3-4 Touch L toe to left side, Touch L toe beside R

5-6 Step L to left side, Step R behind L

7-8 Step L to left side, Touch R toe beside L

***Option: Repeat Section 1 to left**

Sec 3: Diagonal Forward, Touch, Diagonal Forward, Touch, Hold. 2X

1-2 Step R forward to diagonal right, Touch L toe beside R

3&4 Step L forward to diagonal left, Touch R beside L, Hold

5-6 Step R forward to diagonal right, Touch L toe beside R

7&8 Step L forward to diagonal left, Touch R beside L, Hold

Sec 4: Rock Forward, Back (R-L), Back with Hitch, Forward, Forward, 1/2Turn L

1-2 Rock R forward, Recover on L

3-4 Step back on R, Step back on L

5-6 Step R back with hitching L, Step forward on L

7-8 Step forward on R, Pivot 1/2turn L weight onto L

Part B

Sec 1: R Cross, L Point, L Cross, R Point, R Cross, Paddle 1/4Turn R

1-2 Cross R over L, Point L to left side

3-4 Cross L over R, Point R to right side

5&6 Cross R over L, Hitch L, Point L to left side

&7&8 Turn 1/8 R while hitching L, Point L to left side, Turn 1/8 R while hitching L, Point L to left side

Sec 2: Jazz Box - Heels Bounce (Up & Down). 2X

1-2 Cross L over R, Step back on R

3&4 Step L to left side, Both heels Up & down

5-6 Cross R over L, Step back on L

7&8 Step R to right side, Both heels Up & down

Sec 3: Cross Rock, 1/4Turn & Forward, Forward, Pivot 1/2L, Forward, Forward, Touch

1-2 Rock Cross L over R, Recover on R
3-4 1/4turn L stepping L forward, Step forward on R
5-6 Turn 1/2L weight onto L, Step forward on R
7-8 Step forward on L, Touch R toe beside L

Sec 4: Toe Switch, Toe Touch, Together, Heel Switch, Heel Touch, Together

1&2& Touch R toe to right side, Step R beside L, Touch L toe to left side, Step L beside R
3-4 Touch R toe to right side, Step R next to L
5&6& Touch L heel forward, Step L beside R, Touch R heel forward, Step R beside L
7-8 Touch L heel forward, Step L next to R

Tag1 (8counts): Rocking Chair, R Heel Swivel 3X

1-2 Rock forward on R, Recover onto L
3-4 Rock back on L, Recover onto L
5-8 Touch R to right side, R Heel swivel 3X

Tag1 (4counts): Rocking Chair

1-2 Rock forward on R, Recover onto L
3-4 Rock back on L, Recover onto L

Enjoy Dancing Always~!

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