

Hit It

拍数: 64 墙数: 1 级数: Intermediate
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音乐: HIT IT (feat. Saweetie & Lele Pons) - Black Eyed Peas



Intro: 32 count

SEQUENCE: 64, TAG, 48, 48, TAG, 48, 64, 16, TAG, 32

S1. SIDE ROCK, RECOVER, GALLOP, SHORT VOLTA

1&2& Rock R to side - Recover on L - Cross R behind L - Step L to side (12:00)
3 a4 Cross R over L - Step L to side - Cross R over L
5&6& Rock L to side - Recover on R - Cross L behind R - Step R to side
7 a8 Cross L over R - Step R to side - Cross L over R

S2. SYNCOPATION MONTEREY, FORWARD, TOGETHER, SYNCOPATION MONTEREY, BACK, TOGETHER

1&2& Touch R to side - Step R together - Touch L to side - Step L together
3-4 Step R forward - Step L together (12:00)
5&6& Touch R to side - Step R together - Touch L to side - Step L together
7-8 Step R back - Step L together

S3. TOUCH, HITCH, TOUCH, FLICK, TOUCH, CROSS OVER

1&2& Touch R to side - Hitch on R - Touch R to side - Flick R behind L (12:00)
3-4 Touch R to side - Cross R over L
5&6& Touch L to side - Hitch on L - Touch L to side - Flick L behind R
7-8 Touch L to side - Cross L over R (12:00)

S4. CHICKEN WALK, CHUG TURN 1/6 LEFT (3X), TOUCH

1&2 Step R diagonal forward toes out while twist L heel out - Step L diagonal forward toes out while twist R heel out - Step R diagonal forward toes out while twist L heel out
3&4 Step L diagonal forward toes out while twist R heel out - Step R diagonal forward toes out while twist L heel out - Step L diagonal forward toes out while twist R heel out (12:00)
5-8 Turn 1/6 left chug R to side - Turn 1/6 left chug R to side - Turn 1/6 left chug R to side - Touch R together (6.00)

S5. MODIFIED HEEL JACK

1-2& Step R to side - Cross L behind R - Step R to side (6:00)
3&4 Touch L toes forward - Step L together - Cross R over L
5-6& Step L to side - Cross R behind L - Step L to side
7&8 Touch R toes forward - Step R together - Cross L over R

S6. DOROTHY STEPS, PIVOT 1/2 TURN LEFT WITH FLICK, FORWARD, TOGETHER

1-2& Step R diagonal forward - Lock L behind R - Step R diagonal forward (6:00)
3-4& Step L diagonal forward - Lock R behind L - Step L diagonal forward
5-8 Step R forward - Turn 1/2 left flick R back - Step R forward - Step L together (12:00)

S7. K STEP, SIDE CHASSE, TOUCH, REVERSE K STEP, SIDE CHASSE

1&2& Step R diagonal forward - Touch L together - Step L diagonal backward - Touch R together (12:00)
3&4& Step R to side - Step L together - Step R to side - Touch L together
5&6& Step L diagonal forward - Touch R together - Step R diagonal backward - Touch L together
7&8 Step L to side - Step R together - Step L to side (12:00)

S8. SYNCOPATION ROCKING CHAIR, BRUSH, HITCH, TOGETHER, SIDE STEP WITH BODY LEAN, RECOVER, TOGETHER

- 1&2& Rock R forward - Recover on L - Rock R backward - Recover on L (12:00)
3&4 Brush R beside L - Hitch R knee up - Step R together
5-6 Step L to side and wave body to Left (lean body to left) do it smoothly 2 count
7-8 Recover on R - Step L together (12:00)

REPEAT

TAG:

S1. DABBING, STROKE FISTS, TOGETHER, ARMS SIDE BODY

- 1-4 Step R to side point L arm to upwards left towards the sky while bowing head into R arm hooked in front of face (do this 4 count)
5-6 Stroke L fist & R fist to the left side with fist point down (2X)
7-8 Step R together put arms beside body (weight on both feet) - Hold

S2. BACK WIRH HAND TO SIDE, TOGETHER WITH HAND TO THE SIDE, FACE MOVE, HOLD, V STEP WITH HANDS MOVEMENTS

- 1&2 Step R to back and pull R arm to side palm down shoulder level - Step L together and pull L arm to side palm down shoulder level - Face look to the right side
3-4 Hold 2 count
5-8 Step R diagonal forward swing both hands to the right with finger fist facing down - Step L diagonal forward swing both hands to the left with finger fist facing down - Step R back to center swing both hands to the right with finger fist facing down - Step L together swing both hands to the right with finger fist facing down

For more info about step sheet & song, please contact:

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