

# Hit The Freeway

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dee Musk (UK)  
音乐: Hit the Freeway - Toni Braxton



## **PRESS RECOVER, CROSS SIDE HEEL, & CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT WITH HIP BUMPS RIGHT, LEFT, RIGHT**

1-2            Press left out to left side, recover weight to right as you drag left in  
3&4            Cross left over right, step right slightly to right side, touch left heel to left diagonal  
&5-6           Step left beside right, cross right over left, make a ¼ turn right, stepping back on left  
7&8            Make a ¼ turn right and bump hips right, left, right

## **BALL CROSS ½ TURN LEFT, RIGHT AND LEFT TOE SWITCHES, BALL CROSS, LEFT HIP PUSH, ¼ TURN RIGHT WHILE POPPING RIGHT KNEE OUT, IN, OUT**

&1-2           Step left beside right, cross right over left, make a ½ turn left stepping forward on to left  
3&4            Point right toe out to right side, close right beside left, point left toe out to left side  
&5-6           Step left beside right, cross right over left, step left to left side into a left hip push  
7&8            While making a ¼ turn right, pop right knee out, in, out (weight is now forward on right)

## **LEFT DIP STEP, MAKE A ½ TURN RIGHT SWEEP, BEHIND SIDE CROSS, ROCK RECOVER TOUCH, BALL HEEL BALL STEP**

1-2            Step forward on left dipping down and bending both knees (make it look cool), as you lift up make a ½ turn right, sweeping right to the right behind left  
3&4            Step right behind left, step left-to-left side, cross right over left  
&5-6           Rock left out, recover weight to right, touch left beside right  
&7&8           Step left beside right, touch right heel forward, step right beside left, step forward on left

## **FUNKY DIAGONAL STEPS WITH HEEL BOUNCES RIGHT THEN LEFT, BACK BACK, BALL CROSS & HEEL BALL CROSS**

1&2            Stepping right slightly to right diagonal, lift right heel, drop right heel (weight should now be on the right)  
3&4            Stepping left slightly to left diagonal, lift left heel, drop left heel (weight should now be on the left)  
&5&6           Step back on right, step back on left, (feet should be shoulder width apart now), step right together, cross left over right  
&7&8           Step right slightly to right side, touch left heel to left diagonal, step left beside right, cross right over left

**REPEAT**

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