

# Hit The Ground

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Christopher Parsons (UK)  
音乐: Steal Your Heart Away - Fleetwood Mac



## **FORWARD ROCK, RIGHT TURNING SHUFFLE, LEFT SHUFFLE, STOMP-KICK**

1-2            Step forward on right foot, recover weight onto left  
3&4          Step forward on right foot making  $\frac{1}{2}$  turn right, close left next to right, step right in place  
5&6          Step back on left foot making  $\frac{1}{2}$  turn right, close right next to left, step left in place  
7-8          Stomp right foot, kick left foot diagonally forward left

## **LEFT SAILOR, STEP-BRUSH, LEFT SHUFFLE FORWARD, STEP $\frac{3}{4}$ TURN**

1&2          Sweep left foot behind right, step right next to left, step left in place  
3-4          Step right foot forward, brush left foot forward  
5&6          Step forward on left foot, close right next to left step left in place  
7-8          Step forward on right foot, pivot  $\frac{3}{4}$  turn left ending with left over right

## **SWEEP BEHIND-SIDE-CROSS (SYNC WEAVE), SIDE STRUT, CROSS STRUT, ROCK & CROSS**

1&2          Sweep left foot around from front to behind right, step right next to left, cross left over right  
3-4          Touch left toe to right side slightly turning body, snap right heel down  
5-6          Touch left toe over right, snap left heel down  
7&8          Step right foot to right side, recover weight onto left, cross right over left

## **HOLD & CROSS (VAUDEVILLE), HEEL JACK, STEP $\frac{1}{2}$ TURN, WALK FORWARD**

1&2          Hold for 1 count, step left next to right, cross right over left  
&3          Step left slightly back, dig right heel forward  
&4          Step right next to left, step left in place  
5-6          Step forward on right, pivot  $\frac{1}{2}$  turn left  
7-8          Step forward right, step forward left (you can make a full turn to the left if you like)

**REPEAT**

---