

Hit The Ground

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
