

# First Pitch

拍数: 40                      墙数: 2                      级数: Intermediate/Advanced  
编舞者: Roger Lee & Renée Mootrey  
音乐: The City Put the Country Back In Me - Neal McCoy



## CROSS, UNWIND, SHUFFLE, CROSS, UNWIND, SHUFFLE

- 1-2                      Cross right over left, & unwind to the left to face front again - keeping weight on left
- 3-4                      Shuffle in place (right left right)
- 5-6                      Cross left over right, & unwind to the right to face front again - keeping weight on right
- 7-8                      Shuffle in place (left right left)

## SHUFFLE, SHUFFLE, BACKWARDS RUNNING MAN

- 1-2                      Shuffle forward (right left right)
- 3-4                      Shuffle forward (left right left)
- &5                      Slide left back while hitching right, place right next to left (putting weight on right)
- &6                      Slide right back while hitching left, place left next to right (putting weight on left)
- &7                      Slide left back while hitching right, place right next to left (putting weight on right)
- &8                      Slide right back while hitching left, place left next to right (putting weight on left)

## SIDE KICKS WITH A HITCH (OR SIDE TOUCHES WITH A HITCH)

The following kick steps are to be similar to a low karate style kick (or, to simplify, just do a toe touch instead of the kick)

- 1&                      Kick right to right side, bring right home (weight on right)
- 2&                      Kick left to left side, bring left home (weight on left)
- 3&                      Kick right to right side, hitch right knee
- 4                      Step right home
- 5&                      Kick left to left side, bring left home (weight on left)
- 6&                      Kick right to right side, bring right home (weight on right)
- 7&                      Kick left to left side, hitch left knee
- 8                      Step left home

## CROSS, $\frac{3}{4}$ UNWIND, CLAP, JUMP, JUMP, $\frac{1}{2}$ MONTEREY TURN - WITH A CROSS

- 1-2                      Cross right over left, and unwind  $\frac{3}{4}$  to the left
- 3&4                      Clap hands, jump forward on both feet (scoot), jump forward on both feet (scoot)
- 5                      Touch right to right side
- 6                      While turning  $\frac{1}{2}$  to the right, bring right next to left, and place weight on right
- 7                      Touch left to left side
- 8                      Cross left over right, and place weight on left

## TOUCH, HITCH, STEP, KICK, BACK, BACK, LEFT COASTER STEP

- 1                      Touch right to right side
- 2                      Hitch right while turning  $\frac{1}{4}$  turn to the left
- 3                      Step down onto right
- 4                      Kick left forward
- 5                      Step back left
- 6                      Step back right
- 7&8                      Step back left, step right next to left, step forward left

**REPEAT**