

# 8 Second Hitch

拍数: 32      墙数: 4      级数: Improver  
编舞者: A. J. Herbert (USA) & Scott Herbert (USA)  
音乐: Gimme 8 Seconds - Toby Keith



## RIGHT SYNCOPATED VINE, MAMBO LEFT, RIGHT POINT-HITCH-DOWN

1            Step right to right side  
&            Clap  
2            Step left behind right  
&            Step right to right side  
3            Step left across right  
4            Step right to right side  
5&6        Rock left forward, recover on right, step left next to right  
7            Touch right toe to right side  
&            Hitch right knee up  
8            Step down on right

## LEFT SYNCOPATED VINE, MAMBO RIGHT, LEFT POINT-HITCH-DOWN

1            Step left to left side  
&            Clap  
2            Step right behind left  
&            Step left to left side  
3            Step right across left  
4            Step left to left side  
5&6        Rock right forward, recover on left, step right next to left  
7            Touch left toe to left side  
&            Hitch left knee up  
8            Step down on left

## STEP RIGHT, ½ PIVOT LEFT, RIGHT LOCK STEP, MONTEREY, RIGHT POINT-HITCH-TOUCH

1            Step right forward  
2            Pivot ½ left  
3&4        Step right forward, cross step left behind right, step right forward  
5            Touch left toe to left side  
6            Pivot ½ turn left, on right ball  
7            Touch right toe to right side  
&            Hitch right knee up  
8            Touch right next to left

## RIGHT SIDE SHUFFLE, LEFT STOMP FORWARD, ¼ PIVOT, LEFT STOMP, HIP BUMPS, STEP RIGHT, STEP LEFT

1            Step right to right side  
&            Step left next to right  
2            Step right to right side  
3            Stomp left forward  
4            Pivot ¼ right on balls of feet, shifting weight to right  
5            Stomp forward left  
6            Touch right forward, bumping right hip diagonally forward  
&            Bump left hip diagonally back  
7            Bump right hip diagonally forward, stepping down on right  
8            Step left next to right (weight ends up on left)

REPEAT

---