

Hit The Ground

拍数: 48 墙数: 2 级数: Improver / Intermediate
编舞者: Shaz Walton (UK) & Dave Baycroft (UK) - May 2009
音乐: Hit the Ground Runnin' - Keith Urban : (Album: Defying Gravity)



48 Count Intro

Cross Rock, Recover, ¼R, ¼R point, Together, Point, ½R, Point (Monterey)

1-2 Cross rock right over left, Recover on left
3-4 Make ¼ right stepping right forward, Make ¼ right pointing left to left side
5-6 Step left beside right, Point right to right side
7-8 Make ½ turn right stepping right beside left, Point left to left side (Monterey)

Cross Shuffle, ¼L, ¼L, Rock, Recover, ½R, Brush

1&2 Cross step left over right, Step right to right side, Cross step left over right (Cross Shuffle)
3-4 Make ¼ left stepping back right, Make ¼ left stepping left to left side
5-6 Rock forward on right, Recover on left
7-8 Make ½ turn right stepping right forward, Brush left forward

Shuffle Forward, Rock, Recover, ½R, ¼R, Behind, Side

1&2 Step left forward, Step right beside left, Step left forward (Shuffle)
3-4 Rock forward right, Recover on left
5-6 Make ½ right stepping right forward, Make ¼ right stepping left to side
7-8 Cross step right behind left, Step left to left side

Cross, Side, Sailor ¼R, Rock, Recover, &Together, Heel Tap x2

1-2 Cross step right over left, Step left to left side
3&4 Cross step right behind left, Step left to left side, Step right to right side (Sailor)
5-6& Rock forward left, Recover on right, Step left next to right
7-8 Tap right heel forward, Tap right heel forward

Touch, Kick, Syncopated Jazz, Step Forward, ½R Pivot, ¼R Side Left, Hold

1-2 Touch right toe next to left (Pop right knee), Kick right diagonal right
3&4 Cross step right over left, Step back left, Step right to right side (Jazz)
5-6 Step left forward, ½ Pivot right
7-8 ¼ right step left to side left, Hold

Right Wizard, ¼L Touch Left Side, Hold, &Together, Weave

1-2& Step right diagonal right, Lock left behind right, Step right diagonal right (Wizard)
3-4& ¼ left point left to left side, Hold, Step left next to right
5-6 Cross step right over left, Step left to left side
7-8 Cross step right behind left, Step left to left side (Weave)

Start Again

Tag- End of walls 1 & 3 (Facing back wall both times)

Right Kick, Jazz, Left Kick, Jazz

1-2 Kick right across left, Cross step right over left
3-4 Step back left, Step right to right side
5-6 Kick left across right, Cross step left over right
7-8 Step back right, Step left to left side

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