

# Urban Hit

**COPPERKNOB**  
STEPSHEETS

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Michelle Risley (UK) - June 2009  
音乐: Hit the Ground Runnin' - Keith Urban : (CD: Defying Gravity)



## HEEL JACK X 2, HEEL DIG, TOE TAP, RIGHT SHUFFLE

1&2&      Cross Right Over Left, Step Back Diagonally Left, Dig Right Heel Diagonal, Step Right In Place [12 o/c]  
3&4&      Cross Left Over Right, Step Back Diagonally Right, Dig Left Heel Diagonal, Step Left In Place  
5, 6      Tap Right Heel Forward, Tap Right Toe Back  
7&8      Step Right Forward, Left Next To Right, Step Right Forward

## PIVOT 1/2 TURN, SHUFFLE, 3/4 TURN FORWARD, CROSS SHUFFLE

1,2      Step For Left, Pivot 1/2 Turn Right  
3&4      Step Left Forward, Right Next To Left, Step Left Forward [6 o/c]  
5,6      Start Turn 3/4 Forward Over Left Shoulder, 1/2 Left Step Back Right, 1/4 Left Step Left Side [9 o/c]  
7&8      Cross Right Over Left, Step Left To Side, Cross Right Over Left

## SIDE ROCK, WEAVE BEHIND, PIVOT TURN, FULL TURN

1,2      Side Rock Left, Recover Right  
3&4      Step Left Foot Behind Right, Step Right To Side, Left Step Forward  
5,6      Step Forward Right, Pivot 1/2 Left [3 o/c]  
7,8      Full Turn Left Forward (Step Back Right 1/2, Step Left Forward 1/2)

**Alternative: 2 x Walk Forward**

## ROCK FORWARD, SHUFFLE BACK, ROCK BACK, LEFT KICK BALL CHANGE

1,2      Rock Forward On To Right Foot, Recover Back On The Left [3 o/c]  
3&4      Step Back Right, Step Left Next To Right, Step Back On Right  
5,6      Rock Back Left, Recover Onto Right  
7&8      Left Kick, Step On Left, Change Weight To Right

## PIVOT 1/2, SHUFFLE, 1/4 LEFT, SIDE ROCK RIGHT, WEAVE BEHIND

1,2      Step Forward Left, Turn 1/2 Right [9 o/c]  
3&4      Step Left Forward, Right Next To Left, Step Left Forward  
5,6      1/4 Left As You Side Rock To Right Side, Recover Left [6 o/c]  
7&8      Step Right Foot Behind Left, Step Left Side, Step Right Across Left

## SIDE ROCK, WEAVE, 1/4 RIGHT HEEL GRIND, COASTER

1,2      Side Rock Left, Recover Right  
3&4      Step Left Foot Behind Right, Step Right To Side, Left Step Across  
5,6      Right Heel Grind, Making 1/4 Right [9 o/c]  
7&8      Step Back Right, Step Together Left, Step Forward Right

**\*\* Restart: 2nd & 6th Wall Replace Coaster With 2 x Up Stomps On Right, Clap If You Wish (7-8)[6 o/c]**

## KICK BALL CROSS X 2, SIDE ROCK, SAILOR FULL TURN

1&2      Kick Left Foot To Left Diagonal, Step Down Left, Cross Right Over Left [9 o/c]  
3&4      Kick Left Foot To Left Diagonal, Step Down Left, Cross Right Over Left  
5,6      Side Rock To Left Side, Recover Right  
7&8      Start Turn Over Left Shoulder, Step Left Behind Right, Complete The Turn Step Right In Place, Step Left To Left Side,

**Alternative: Sailor Step In Place**

**START AGAIN**

**\*\*RESTART**

**-2nd & 6th wall dance up to and including the heel grind 1/4, replace coaster step with 2 x up stomps right,  
Restart dance from the beginning facing the back wall both times**

**Remember: Restarts 2 & 6 - Half A Crown!!!**

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