

# Hit The Ground

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Mamalinedance Mei Kwo (USA) - January 2015  
音樂: Hit The Ground (Original Fm Cut) - Kique Santiago



**Intro: Start on vocals 32 counts - No Tag, No Restarts**

## **STEP, PIVOT, STEP, PIVOT, JUMP FORWARD & BACK (12.00)**

1-2            Step right foot forward, pivot 1/2 turn left  
3-4            Step right foot forward, pivot 1/2 turn left  
&5-6          Small step right forward, step left together, (option: clap hands)  
&7-8          Small step right back, step left together, (option: clap hands)

## **STEP, PIVOT, STEP, PIVOT, JUMP FORWARD & BACK (12.00)**

1-2            Step left foot forward, pivot 1/2 turn right  
3-4            Step left foot forward, pivot 1/2 turn right  
&5-6          Small step left forward, step right together, (option: clap hands)  
&7-8          Small step left back, step right together, (option: clap hands)

## **ROCK RECOVER, CROSSING SHUFFLE, ROCK RECOVER, MAKE 1/4 RIGHT FORWARD SHUFFLE (3.00)**

1-2            Rock right to right, recover on left (12.00)  
3&4            Cross right over left, step left to left, cross right over left  
5-6            Rock left to left, recover on right  
7&8            Step forward L. Step R together, step L forward (3.00)

## **ROCKIN' CHAIR, JAZZ BOX 1/4 turn right (6.00)**

1-2            Rock fwd. right, recover  
3-4            Rock back right, recover  
5-6            Cross right over left, step back on right  
7-8            1/4 turn to right step right to side, step left next to right (6:00)

**Start Again - Have Fun**

**Thanks! Have A Great Day!**

**Contact: [mamalinedance@gmail.com](mailto:mamalinedance@gmail.com)**

**Last Update - 18th Jan 2015**

---