

Hit And Run

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bobby Chong (CAN) - June 2024
音樂: Hit and Run - Nickola Magnolia



Start: 16 counts – start dancing on lyrics

HEEL HOOK RIGHT, HEEL HOOK LEFT

1-2 Tap R heel diagonally forward, hook R heel across left
3-4 Tap R heel diagonally forward, step R heel beside left
5-6 Tap L heel diagonally forward, hook L heel across right
7-8 Tap L heel diagonally forward, step L heel beside right

LINDY RIGHT, LINDY LEFT

9&10 Step R to right, step-close L beside right, step R to right
11-12 Rock back onto L, recover forward onto R
13&14 Step L to left, step-close R beside left, step L to left
15-16 Rock back onto R, recover forward onto L

MONTEREY ½ TURN RIGHT, MONTEREY ¼ TURN RIGHT

17-18 R foot point toes to right, make ½ turn right stepping R foot next to left
19-20 L foot point toes to left, L footstep beside right (6:00)
21-22 R foot point toes to right, make ¼ turn right stepping R foot next to left
23-24 L foot point toes to left, L footstep beside right (9:00)

DIAGONAL FORWARD LOCK RIGHT, DIAGONAL FORWARD LOCK LEFT

25-26 Step R diagonally forward, lock L behind right
27-28 Step R diagonally forward, brush L forward
29-30 Step L diagonally forward, lock R behind left
31-32 Step L diagonally forward, touch R beside left

REPEAT

TAG: (at the end of wall 5 facing 9:00) STEP TOUCHES

1-2 Step R to right side, touch L foot next to right
3-4 Step L to left side, touch R foot next to left

END: (wall 11 facing 6:00) STEPS 1-16

17-18 Step R to right side, cross L behind right
19-20 Unwind ½ turn left (12:00)
21-22 Sway hips R L
23-24 Sway hips R L

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