

# Hit & Run

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: ultra Beginner east coast swing  
編舞者: Danny Leclerc (CAN)  
音樂: Hit and Run - Peter Myles



Festival PLEUMEUR BODOU Côtes d'Armor France, 15, 16 et 17 juillet 2005 1st Position UCWDC Montreal  
Grand-Prix May 2005 (Newcomer Choreography)

## TOE STRUT, TOE STRUT, WALK

1-2            Left toe strut forward  
3-4            Right toe strut forward  
5-8            Walk forward left-right-left-right  
**Toe strut: step on ball and drop heel with emphasis**

## TOE STRUT, TOE STRUT, WALK

1-2            Left toe strut backward  
3-4            Right toe strut backward  
5-8            Walk backward left-right-left-right

## SIDE LEFT, TOGETHER, SIDE LEFT, TAP, SIDE RIGHT, TOGETHER, SIDE RIGHT, TAP

1-2            Step left to side, step right together  
3-4            Step left to side, touch right together  
5-6            Step right to side, step left together  
7-8            Step right to side, touch left together

## SIDE LEFT, TAP, SIDE RIGHT, TAP, SIDE, TOGETHER, SIDE ¼ LEFT, TOGETHER

1-2            Step left to side, touch right together  
3-4            Step right to side, touch left together  
5-6            Step left to side, step right together  
7-8            Step left to side turning ¼ left, step right together

**REPEAT**

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