

# Hit Me 2

拍數: 0                      牆數: 1                      級數: Intermediate/Advanced  
編舞者: David J. McDonagh (WLS)  
音樂: Baby One More Time - Britney Spears



Sequence: A B, A B, A B, B B

## PART A

### STOMP, HOLD, REVERSED BODY ROLL

- 1-2                      Stomp right forward to right diagonal, hold for (1) count
- 3-4                      Do a reversed body roll leading from head to toe backwards ending with weight on left leg
- 5&6                      Step right to right side bumping hips right, left, right
- &7&8                      Continue bumping hips left, right, left, right

**While bumping hips, slightly lean body over right leg**

### SIDE SHUFFLE, CROSS SHUFFLE, ROCK STEPS

- 9&10                      Step left to left side, step right beside left, step left to left side
- 11&12                      Cross right over left, step left to left side, cross right over left
- 13&14                      Step left to left side bumping hips left, right, left
- &15&16                      Continue bumping hips right, left, right, left

**While bumping hips, slightly lean body over left leg**

### PADDLE STEPS, KICK BALL TOUCH, HEEL BOUNCES

- &17                      Hitch/raise right knee, touch right toe to right side
- &18-20                      Repeat counts (&17) another 3 times while completing 1 & ½ turns left
- 21&22                      Kick right forward, cross right over left, touch left toe back
- 23&24                      Bounce on both heels while turning ½ a turn left

### CROSS ROCK TURN ¼ LEFT, SAILOR STEP, CROSS ROCK TURN ¼ LEFT SAILOR STEP

- 25&                      Cross left over right, rock weight back onto left foot
- 26                      Step left beside right while turning a ¼ turn left
- 27&28                      Cross right behind left, step left to left side, step right to right side
- 29-32                      Repeat counts (25-28) ending with a touch

### KICK BALL POINTS, KICK CROSS ROCK STEPS

- 33&34                      Kick right forward, step right beside left, point left to left side
- 35&                      Kick left forward, step left beside right while turning a ¼ turn right
- 36                      Point right to right side
- 37&38&                      Kick right forward, cross right over left, step left back step right forward
- 39&40&                      Kick left forward, cross left over right, step right back step left forward
- 41-48&                      Repeat counts (33-40&)

## PART B

### STOMP WITH HEAD, HOLD, HEEL BOUNCES, CROSS OUT-OUT, CROSS OUT-OUT

- 1-2                      Stomp right foot back also make a sharp head turn right, hold for 1 count
- 3&4                      Bounce on both heels while turning ½ a turn right
- 5&6                      Cross right over left, step left to left side, step right to right side
- 7&8                      Cross left over right, step right to right side, step left to left side

### SIDE TOUCHES, SYNCOPATED VINE

- 9-10                      Step right to right side, touch left beside right while clicking fingers at head height
- 11-12                      Step left to left side, touch right beside left while clicking fingers at head height

- &13 Step right beside left, cross left over right
- &14 Step right beside left, cross left behind right
- &15 Step right beside left, cross left over right
- &16 Stomp right beside left, stomp left beside right (weight ends on right)

**ROLLING VINE, HIP ROLLS, STOMP, REVERSED BODY ROLL**

- 17-20 Roll 1 & ¼ turn left stepping left, right, left, right
- 21-24 Roll hips twice to the left while turning a ¼ turn left

**You should end facing original wall at 12:00**

**"GIVE ME A SIGN"**

**HIPS & JUMP, HIPS & JUMP**

- 25 Bump hips right with feet/knees together
- & Bump hips left while bending body down slightly with feet/knees together
- 26 Bump hips right while staying slightly down with feet/knees together
- & Jump to your right side while straightening body with feet/knees together
- 27&28& Repeat counts (1&2&)

**During the previous 4 counts keep your back straight and bring both arms up and in line with your head**

**"HIT ME BABY ONE MORE TIME"**

**CROSS KICKS, STOMP, BODY ROLL**

- 29&30& Kick right over left, step right beside left, kick left over right, step left beside right
- 31 Sweep the inside of your right toe along the floor: left
- & Sweep the outside of your right toe along the floor: right
- 32 Sweep the inside of your right toe along the floor: left

**REPEAT**

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