

# Hittin The Hay

拍數: 60      牆數: 4      級數:  
編舞者: Donna Eliassen (AUS)  
音樂: Hittin' the Hay - Rednex



- 1-2            Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot
- 3-4            Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot
- 5&6            Rock left over right, rock right on spot, rock left over right
- 7&8            Rock right over left, rock left on spot, rock right over left
- Rock onto right heel here, and commence heel grinding**
- 9-10           Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground
- 11-12          Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground
- 13-14          Rock left over right, rock right on spot, rock left over right
- 15-16          Rock right over left, rock left on spot, rock right over left
- 17-18          Elvira cha-cha to left
- 19-20          Rock back on right, step left in place
- 21-22          Elvira cha-cha to right
- 23-24          Rock back on left, step right in place
- 25-26          Step forward on left-wiggle walk, step forward on right-wiggle walk
- 27&28          Shuffle forward left-right-left (turning body 45 degrees to right)
- 29-30          Step forward on right-wiggle walk, step forward on left-wiggle walk
- 31-32          Shuffle forward right-left-right (turning body 45 degrees to left)
- 33-34          Rock forward on left, step right on spot
- 35-36          Turn ½ turn left, cha-cha-cha-ing left-right-left
- 37-38          Rock forward on right, step left on spot
- 39-40          (Small) shuffle backwards right-left-right
- STAR JUMPS**
- 41            Jump onto left foot, putting right heel out at 45 degrees to right
- 42            Jump cross legged right over left
- 43            Jump onto right foot, putting left heel out at 45 degrees to left
- 44            Jump feet together
- 45-46          Touch right toe to side, cross right over left
- 47-48          Unwind, clap
- 49-50          Step forward on right, pivot ¼ turn to left kicking left foot forward
- 51&52          Cha-cha-cha left-right-left
- 53-54          Step forward on right, pivot ½ turn to left
- 55&56          Shuffle forward right-left-right
- 57-58          Touch left toe to side, cross left over right
- 59-60          Unwind, clap

REPEAT

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