

Hitch And Run

拍數: 40 牆數: 4 級數: Improver
編舞者: Annette Lundsholm Jakobsen - April 2008
音樂: Time After Time - Jake Mathews



RIGHT VINE, HITCH, LEFT VINE, HITCH, ROCK AND SCUFF

1&2 Vine right (step right, left behind, step right)
& Hitch left knee
3&4 Vine left (step left, right behind, step left)
& Hitch right knee
5& Rock forward on right foot, rock backward on left foot
6& Rock forward on right foot, scuff left foot
7& Rock forward on left foot, rock backward on right foot
8& Rock forward on left foot, scuff right foot

ROCK STEP ¼ TURN RIGHT, ROCK STEP ½ TURN LEFT, RUMBA BOX

1& Rock right foot forward, recover back onto left foot
2 Turn ¼ right, stepping right foot to right side (3:00)
3& Rock left foot forward, recover back onto right foot
4 Turn ½ left, stepping left foot to left side (9:00)
5&6 Step right foot to right, step left foot to right foot, step backwards on right foot
7&8 Step left foot to left, step right foot to left foot, step forward on left foot

RIGHT HEEL HOOK, HEEL FLICK, RIGHT SHUFFLE-LEFT HEEL HOOK, HEEL FLICK, LEFT SHUFFLE

1&2& Touch right heel forward, hook right heel in front of left, touch right heel forward, flick right foot out to right side
3&4 Step forward on right foot, step left foot next to right foot, step forward on right foot
5&6& Touch left heel forward, hook left heel in front of right, touch left heel forward, flick left foot out to left side
7&8 Step forward on left foot, step right foot next to left foot, step forward on left foot

RIGHT ½ TURNING SHUFFLE, RIGHT ¼ TURNING SHUFFLE, DIG, TOUCH AND RUN

1&2 Step RIGHT BACK foot, step left foot to right foot, step RIGHT BACK foot as you make ½ turn right (3:00)
3&4 Step forward on left foot, step right foot next to left foot, step left foot forward as you make ¼ turn right (6:00)
5-6 Dig right heel forward, touch right toe backward
7&8& Run forward (small steps)right foot, left foot, right foot, left foot

DIG, TOUCH AND RUN, CROSS, UNWIND, COASTER STEP

1-2 Dig right heel forward, touch right toe backward
3&4& Run forward(small steps)right foot, left foot, right foot, left foot
5-6 Cross right foot over left foot, unwind ¼ to the left (3:00)
7&8 Step left foot back, step right foot beside left foot, step left foot forward

REPEAT

RESTART: Restart on 4th wall after rumba box, facing(6:00)