

# Hit The Ground

拍數: 48      牆數: 2      級數: Improver / Intermediate  
編舞者: Shaz Walton (UK) & Dave Baycroft (UK) - May 2009  
音樂: Hit the Ground Runnin' - Keith Urban : (Album: Defying Gravity)



## 48 Count Intro

### Cross Rock, Recover, ¼R, ¼R point, Together, Point, ½R, Point (Monterey)

1-2      Cross rock right over left, Recover on left  
3-4      Make ¼ right stepping right forward, Make ¼ right pointing left to left side  
5-6      Step left beside right, Point right to right side  
7-8      Make ½ turn right stepping right beside left, Point left to left side (Monterey)

### Cross Shuffle, ¼L, ¼L, Rock, Recover, ½R, Brush

1&2      Cross step left over right, Step right to right side, Cross step left over right (Cross Shuffle)  
3-4      Make ¼ left stepping back right, Make ¼ left stepping left to left side  
5-6      Rock forward on right, Recover on left  
7-8      Make ½ turn right stepping right forward, Brush left forward

### Shuffle Forward, Rock, Recover, ½R, ¼R, Behind, Side

1&2      Step left forward, Step right beside left, Step left forward (Shuffle)  
3-4      Rock forward right, Recover on left  
5-6      Make ½ right stepping right forward, Make ¼ right stepping left to side  
7-8      Cross step right behind left, Step left to left side

### Cross, Side, Sailor ¼R, Rock, Recover, &Together, Heel Tap x2

1-2      Cross step right over left, Step left to left side  
3&4      Cross step right behind left, Step left to left side, Step right to right side (Sailor)  
5-6&      Rock forward left, Recover on right, Step left next to right  
7-8      Tap right heel forward, Tap right heel forward

### Touch, Kick, Syncopated Jazz, Step Forward, ½R Pivot, ¼R Side Left, Hold

1-2      Touch right toe next to left (Pop right knee), Kick right diagonal right  
3&4      Cross step right over left, Step back left, Step right to right side (Jazz)  
5-6      Step left forward, ½ Pivot right  
7-8      ¼ right step left to side left, Hold

### Right Wizard, ¼L Touch Left Side, Hold, &Together, Weave

1-2&      Step right diagonal right, Lock left behind right, Step right diagonal right (Wizard)  
3-4&      ¼ left point left to left side, Hold, Step left next to right  
5-6      Cross step right over left, Step left to left side  
7-8      Cross step right behind left, Step left to left side (Weave)

## Start Again

### Tag- End of walls 1 & 3 (Facing back wall both times)

#### Right Kick, Jazz, Left Kick, Jazz

1-2      Kick right across left, Cross step right over left  
3-4      Step back left, Step right to right side  
5-6      Kick left across right, Cross step left over right  
7-8      Step back right, Step left to left side

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