

Urban Hit

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Michelle Risley (UK) - June 2009
音樂: Hit the Ground Runnin' - Keith Urban : (CD: Defying Gravity)



HEEL JACK X 2, HEEL DIG, TOE TAP, RIGHT SHUFFLE

1&2& Cross Right Over Left, Step Back Diagonally Left, Dig Right Heel Diagonal, Step Right In Place [12 o/c]
3&4& Cross Left Over Right, Step Back Diagonally Right, Dig Left Heel Diagonal, Step Left In Place
5, 6 Tap Right Heel Forward, Tap Right Toe Back
7&8 Step Right Forward, Left Next To Right, Step Right Forward

PIVOT 1/2 TURN, SHUFFLE, 3/4 TURN FORWARD, CROSS SHUFFLE

1,2 Step For Left, Pivot 1/2 Turn Right
3&4 Step Left Forward, Right Next To Left, Step Left Forward [6 o/c]
5,6 Start Turn 3/4 Forward Over Left Shoulder, 1/2 Left Step Back Right, 1/4 Left Step Left Side [9 o/c]
7&8 Cross Right Over Left, Step Left To Side, Cross Right Over Left

SIDE ROCK, WEAVE BEHIND, PIVOT TURN, FULL TURN

1,2 Side Rock Left, Recover Right
3&4 Step Left Foot Behind Right, Step Right To Side, Left Step Forward
5,6 Step Forward Right, Pivot 1/2 Left [3 o/c]
7,8 Full Turn Left Forward (Step Back Right 1/2, Step Left Forward 1/2)

Alternative: 2 x Walk Forward

ROCK FORWARD, SHUFFLE BACK, ROCK BACK, LEFT KICK BALL CHANGE

1,2 Rock Forward On To Right Foot, Recover Back On The Left [3 o/c]
3&4 Step Back Right, Step Left Next To Right, Step Back On Right
5,6 Rock Back Left, Recover Onto Right
7&8 Left Kick, Step On Left, Change Weight To Right

PIVOT 1/2, SHUFFLE, 1/4 LEFT, SIDE ROCK RIGHT, WEAVE BEHIND

1,2 Step Forward Left, Turn 1/2 Right [9 o/c]
3&4 Step Left Forward, Right Next To Left, Step Left Forward
5,6 1/4 Left As You Side Rock To Right Side, Recover Left [6 o/c]
7&8 Step Right Foot Behind Left, Step Left Side, Step Right Across Left

SIDE ROCK, WEAVE, 1/4 RIGHT HEEL GRIND, COASTER

1,2 Side Rock Left, Recover Right
3&4 Step Left Foot Behind Right, Step Right To Side, Left Step Across
5,6 Right Heel Grind, Making 1/4 Right [9 o/c]
7&8 Step Back Right, Step Together Left, Step Forward Right

**** Restart: 2nd & 6th Wall Replace Coaster With 2 x Up Stomps On Right, Clap If You Wish (7-8)[6 o/c]**

KICK BALL CROSS X 2, SIDE ROCK, SAILOR FULL TURN

1&2 Kick Left Foot To Left Diagonal, Step Down Left, Cross Right Over Left [9 o/c]
3&4 Kick Left Foot To Left Diagonal, Step Down Left, Cross Right Over Left
5,6 Side Rock To Left Side, Recover Right
7&8 Start Turn Over Left Shoulder, Step Left Behind Right, Complete The Turn Step Right In Place, Step Left To Left Side,

Alternative: Sailor Step In Place

START AGAIN

****RESTART**

**-2nd & 6th wall dance up to and including the heel grind 1/4, replace coaster step with 2 x up stomps right,
Restart dance from the beginning facing the back wall both times**

Remember: Restarts 2 & 6 - Half A Crown!!!
