

# Hit And Run

COPPER KNOB  
STEPSHETS

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Sadiah Heggernes (NOR/UK) - July 2012  
音樂: Hit and Run - Jessica Ridley : (Single)



16 count intro – Start on vocals - 1 restart during wall 4 - \*R\*

## Section 1: Side, Behind, Ball Heel, ¼ Turn L, Hook, Walk, Walk, Full Turn R

1-2            Step R to R side. Cross L behind R  
&3-4        Step R beside L. Touch L heel diagonally forward L. ¼ turn L. Hook L in front of R 9.00  
5-6            Step L forward. Step R forward  
7-8            ½ turn R. Step back on L. ½ turn R. Step forward on R 9.00

## Section 2; Kick, Kick Ball Point, ½ Turn R, Hook, Step, Point, ¼ Turn L, Hitch, Cross

1-2            Small kick forward on L twice  
&3-4        Step L beside R. Point R to R side. ½ turn R. Hook R knee in front of L 3.00  
5-6            Step down on R. Point L to L side  
7-8            ¼ turn L on ball of R. Hitch L knee in front of R. Cross L over R \*R\* 12.00

Restart here during wall 4 (facing 3.00)

## Section 3: Side Rock, Recover, Ball Step, ½ Turn R, Kick, Kick Ball Point, ¼ Turn L

1-2            Rock R to R side. Recover onto L  
&3-4        Step R beside L. Step L forward. (weight ends on L) ½ pivot R.  
5-6            Small kick forward on R twice. Step R beside  
&7-8        Step down on R. Point L to L side. ¼ turn L on ball on R 3.00

## Section 4: Ball, Walk, Walk, Full Turn L, Jumps Out, Hold & Clap, ½ Turn R, Ball Step, Hold & Clap

&1-2        Step L beside R. Step R forward. Step forward on L  
3-4            ½ turn L. Step back on R. ½ turn L. Step forward on L 3.00  
&5-6        Jump out R-L. Hold & Clap  
&7-8        ½ turn R. Step R beside L. Step L forward. Hold & Clap 9.00

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