# Hit The Ground

**Count:** 16

Level: Beginner WCS

Choreographer: Dixie Lippe (SWE) - March 2009

Music: Love - Matt White

#### 40 Count Intro

## WALK, WALK, ANCHOR STEP, ROCK BACK, ¼ TURN RIGHT, TOUCH

- Step forward on RF 1
- 2 Step forward on LF
- 3&4 Step RF behind LF in pos. 3, rock forward on LF, recover onto RF
- 5,6 Rock back on LF, recover onto RF
- Turn ¼ right stepping LF to side, touch RF beside LF 7,8

## SYNCOPATED SIDE STEPS, HIP BUMP, KICK BALL CHANGE

- Step RF to side, hold (snap fingers) 1,2
- & Step LF beside RF
- Step RF to side, hold (snap fingers) 3,4
- Touch left toe forward with hip bump, step down onto LF 5,6
- Kick RF forward, step RF beside LF, change weight onto LF 7&8

## TAG: After wall 12, add the following 4 counts:

#### **ROCKING CHAIR**

- 1-2 Rock forward onto right, recover onto left
- 3-4 Rock back onto right, recover onto left

#### And then just go on.





Wall: 4