

Hit And Run

Count: 32

Wall: 4

Level: Advanced

Choreographer: Sadiah Heggernes (NOR/UK) - July 2012

Music: 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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