

8 Second Hitch

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: A. J. Herbert (USA) & Scott Herbert (USA)

Musique: Gimme 8 Seconds - Toby Keith



RIGHT SYNCOPATED VINE, MAMBO LEFT, RIGHT POINT-HITCH-DOWN

- 1 Step right to right side
- & Clap
- 2 Step left behind right
- & Step right to right side
- 3 Step left across right
- 4 Step right to right side
- 5&6 Rock left forward, recover on right, step left next to right
- 7 Touch right toe to right side
- & Hitch right knee up
- 8 Step down on right

LEFT SYNCOPATED VINE, MAMBO RIGHT, LEFT POINT-HITCH-DOWN

- 1 Step left to left side
- & Clap
- 2 Step right behind left
- & Step left to left side
- 3 Step right across left
- 4 Step left to left side
- 5&6 Rock right forward, recover on left, step right next to left
- 7 Touch left toe to left side
- & Hitch left knee up
- 8 Step down on left

STEP RIGHT, ½ PIVOT LEFT, RIGHT LOCK STEP, MONTEREY, RIGHT POINT-HITCH-TOUCH

- 1 Step right forward
- 2 Pivot ½ left
- 3&4 Step right forward, cross step left behind right, step right forward
- 5 Touch left toe to left side
- 6 Pivot ½ turn left, on right ball
- 7 Touch right toe to right side
- & Hitch right knee up
- 8 Touch right next to left

RIGHT SIDE SHUFFLE, LEFT STOMP FORWARD, ¼ PIVOT, LEFT STOMP, HIP BUMPS, STEP RIGHT, STEP LEFT

- 1 Step right to right side
- & Step left next to right
- 2 Step right to right side
- 3 Stomp left forward
- 4 Pivot ¼ right on balls of feet, shifting weight to right
- 5 Stomp forward left
- 6 Touch right forward, bumping right hip diagonally forward
- & Bump left hip diagonally back
- 7 Bump right hip diagonally forward, stepping down on right
- 8 Step left next to right (weight ends up on left)

REPEAT
