

Hits Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Marianne Langagne (FR) - 20 June 2022
音乐: Hits me - Lindsay Ell



Intro: 16 Counts . Start on the word " going " (Ain't supposed to be GOING out)

S 1: CROSS, SIDE, BEHIND, SIDE ,CROSS, L PRESS ¼ TURN L, RECOVER ½ TURN R, TRIPLE ¾ TURN R

1-2 Cross RF over LF, LF to the L
3&4 Cross RF behind LF, LF to the L, Cross RF over LF
5-6 Plant Fwd L in ¼ turn to L bending slightly on the Knee (9:00), Return to RF in ½ turn to R (3:00)
7&8 LF Back in ½ turn to R (9:00), RF to R in ¼ turn to R (12:00), LF next to RF (weight on LF)

S 2: SIDE ROCK, CROSS, BACK OUT-OUT, WALK L-R-L, ANCHOR STEP

1-2 RF to R, Recover on LF
3&4 Cross RF over LF, LF Back slightly to L, RF to R
5-6 LF Fwd, RF Fwd
7&8 LF over RF, Weight on RF, Weight on LF

- HERE RESTARTS 3rd Wall (Facing 6:00) & 7th mur (Facing 9:00)

S 3: ROCK STEP, TRIPLE ¾ TURN R (ARC), LOCK, BACK, BACK LOCK BACK

1-2 RF Fwd, Recover on LF
3&4 RF Fwd in ½ turn R, Together, RF Fwd in ¼ turn R (Forming Arc) 9:00
5-6 Cross LF over RF, RF Back
7&8 LF Back, Cross RF over LF, LF Back

S 4: BACK R-L (WITH KNEE POP), COASTER CROSS WITH ¼ TURN R, SIDE ROCK, ¼ TURN L/CLOSE, TOUCH SWITCHES (KNEE IN)

1-2 RF Back bending L Knee, LF Back bending R Knee
3&4 RF Back, Together, Cross RF over LF in ¼ turn to R 12:00
5-6 LF to L, Recover on RF
& Together with pivot ¼ turn to L on ball R (weight on LF) 9:00
7&8 Touch RF next to LF, R Heel down, Touch LF next to RF (knees turned inward)
& L Heel down

ENJOY !!!!

Contact : eujeny_62@yahoo.fr
Website : www.mariannelangagne.fr

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