

# Hit & Run

**COPPER** **NOB**  
BY STEPHEN B. T. S.

拍数: 40      墙数: 4      级数: Intermediate social cha  
编舞者: Frank Cooper (CAN)  
音乐: Treat Her Like a Lady - Céline Dion



## STEP BACK, LEFT SYNCOPATED TWINKLE, RIGHT SYNCOPATED TWINKLE, SHUFFLE FORWARD, CHASE ½ TURN LEFT

- 1                    Step back on right foot at a 45 degree angle to the right  
2&3                Step left foot over right, step back on right foot at a 45 degree angle to the right, step left foot back at a 45 degree angle to the left  
4&5                Step right foot over left, step back on left foot at a 45 degree angle to the left, step right foot back at a 45 degree angle to the right  
6&7                Shuffle forward left, right, left  
8&9                Step forward on right foot, step together with left foot making a ½ turn left, step forward on right foot

## WALK, WALK, KICK OUT OUT, SWAY, SWAY, SWAY, BALL CROSS

- 10-11             Step forward on left foot, step forward on right foot  
12&13             Kick left foot forward, step left out to left side, step right foot out to right side while swaying right hip to right  
14-15             Sway left hip to left, sway right hip to right  
&16                Step back on the ball of the left foot, step right foot over left

## STEP BACK, BALL CROSS, STEP BACK, BALL CROSS, STEP BACK, BALL CROSS SHUFFLE, SIDE ROCK & CROSS

- 17&18             Step back on the left foot at 45 degree angle to left, step back on the ball of the right foot, step left foot over right  
19&20             Step back on the right foot at a 45 degree angle to the right, step back on the ball of the left foot, step right foot over left  
21                 Step back on the left foot  
&22&23            Step back on the ball of the right foot, step left foot over right, step right foot to right side, step left foot over right  
24&25             Rock right foot out to the right side, recover onto the left foot, step right foot over left

## STEP BACK ¼ TURN, TRIPLE ½ TURN RIGHT, ROCK & STEP BACK, TOUCH TOE BACK, REVERSE PIVOT ½ TURN RIGHT

- 26                 Step back on left foot making a ¼ turn right  
27&28             Triple around ½ turn right stepping right, left, right  
29&30             Rock forward on left foot, recover onto right foot, step back on left foot  
31-32             Touch right toe back, pivot ½ turn right over right shoulder, weight ending on left foot

## STEP BACK ON RIGHT FOOT, TOUCH LEFT ACROSS, SHUFFLE FORWARD, CHASE ½ TURN, POINT FORWARD, ½ TURN RIGHT

- 33-34             Step back on right foot, touch left toe across right foot  
35&36             Step forward on left foot, bring right foot up to left, step forward on left foot  
37&38             Step forward on right foot, step left foot beside right ½ turn left, step forward on right  
39-40             Point left toe forward, make a ½ turn right keeping weight back on the left foot

## REPEAT

## RESTART

You will do the first 32 counts of the dance and begin again

## **ENDING**

**On the last wall, you will be facing the 9:00 wall. Instead of making the ½ turn right on count 31-32 just step back on the right foot (31) and touch the left toe forward (32)**

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