

Hit Me

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Barry Durand (USA)
音乐: Hit Me Up - Gia Farrell



Intro is the singing of chorus after the taps

MAMBO KICK STEP, TAP, TAP, ¼ TURN SAILOR

- 1&2&3&4 Weight starts on right. Like a mambo step forward left, recover right, kick left, step left, right moving slightly back, kick left, step left
- 5-6-7&8 Tap right forward, tap right side, turning ¼ turn to right doing a sailor (or shuffle) step right-left-right

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SHOULDER BUMPS, WALK, FAST JAZZ BOX KICK

- 1&2 Step side left but keep weight kind of split and bump your left shoulder left, center, left
- 3-4 Step side right, cross in front and step left
- 5&6&7&8 (Like a fast jazz box assuming that the previous 2 counts are like starting a jazz box) Step back right, side left, forward right, sweep (kick) left, step cross in front left, back right, tap left together

HIP BUMPS, COASTER, PIVOT TURN

- 1&2-3&4 Stepping onto right forward bump hips forward, center, forward quickly making sure to transfer weight to forward foot left, then coaster step back right-left-right by stepping back right, together left, forward right
- 5-6-7-8 Stationary pivot turn by stepping forward left, turn ½ turn to right stepping on right, step forward left, turn ½ turn to right stepping on right

APPLE JACK BOX, HIT ME PENDULUM ARMS

- 1&2&-3-4 Keeping weight mostly on right do apple jack (or twisting) type movement fast traveling left (1&2&) cross left, turning ¼ to the right step back right
- 5&6&-7-8 Keeping weight mostly on right do apple jack (or twisting) type movement fast traveling left (1&2&) cross left, turning ¼ to the right step back right
- 1&2&-3-4 Keeping weight mostly on right do apple jack (or twisting) type movement fast traveling left (1&2&) cross left, turning ¼ to the right step back right
- 5&6&7&8 Step side left with weight split between right and left while at the same time hitting your left hand (palm) with your right fist, let left hand swing from elbow like a pendulum to the left. Left hand swings back to right and hits right fist. Right hand swings from elbow like a pendulum and rotates out and bring hand up to near the ear (can add an extra circle in the process). Bring right hand back down to side, or can add an extra circle and bring hand down

REPEAT