

# Hit The Ground

**COPPER KNOB**  
STEPSHEETS

拍数: 16      墙数: 4      级数: Beginner WCS  
编舞者: Dixie Lippe (SWE) - March 2009  
音乐: Love - Matt White



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## 40 Count Intro

### WALK, WALK, ANCHOR STEP, ROCK BACK, ¼ TURN RIGHT, TOUCH

- 1            Step forward on RF
- 2            Step forward on LF
- 3&4        Step RF behind LF in pos. 3, rock forward on LF, recover onto RF
- 5,6        Rock back on LF, recover onto RF
- 7,8        Turn ¼ right stepping LF to side, touch RF beside LF

### SYNCOATED SIDE STEPS, HIP BUMP, KICK BALL CHANGE

- 1,2        Step RF to side, hold (snap fingers)
- &        Step LF beside RF
- 3,4        Step RF to side, hold (snap fingers)
- 5,6        Touch left toe forward with hip bump, step down onto LF
- 7&8       Kick RF forward, step RF beside LF, change weight onto LF

**TAG:** After wall 12, add the following 4 counts:

### ROCKING CHAIR

- 1-2        Rock forward onto right, recover onto left
- 3-4        Rock back onto right, recover onto left

**And then just go on.**

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