

Hit The Ground (aka Hold On)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lori Manary (USA) - November 2014
音樂: Hit The Ground (Original Fm Cut) - Kique Santiago : (iTunes)



Start with lyrics - No Tags Or Restarts

R HEEL SCUFF, HITCH STOMP 2 R HIP BUMPS (R,L,R), L HEEL SCUFF, HITCH STOMP, 2 L HIP BUMPS

- 1 & 2 Scuff R heel (1), Raise R knee (&), Stomp R foot down, stepping slightly forward (2)
3 & 4 2 R hip bumps: R hip bump fwd(3), weight change back on L(&), R hip bump fwd(4) (R take wt)
5 & 6 Scuff L heel (5), Raise L knee (&), Stomp L foot down, stepping slightly forward (6)
7 & 8 2 L hip bumps: L hip bump fwd(7), weight change back on R(&), L hip bump fwd(8) (L take wt) (12:00)

VINE TO RIGHT, TOE TOUCH, VINE TO LEFT, TOE TOUCH

- 9, 10 Step R to R side (9) Cross L over front of R(10)
11, 12 Step R to R side (11) Touch L next to R (12) □□□□□□□□ 13, 14 Step L to L side (13) using R foot, make a ½ turn L (14)
15, 16 Using L foot, make ½ turn L(15), Touch R next to L (16) (12:00)

Optional: You can do a rolling vine to the left for counts 13-16 for high beginner-Immediate dancers.

V STEP, ROCKING CHAIR

- 17, 18 Step R forward at a slight right angle (17) Step L forward at a slight left angle (18)
19, 20 Step R back to center (19), Step L back to center (20)
21, 22 Rock step R forward (21), Recover weight on L (22)
23, 24 Rock step R back (23) Recover weight on L (24) □□□ □ (12:00)

TWO 1/8 TURN HIP ROLLS TO LEFT, JAZZ BOX

- 25, 26 Step R toe slightly forward (25), Using toe, make 1/8 turn to L (25)
27, 28 Step R toe slightly forward (27), Using toe, make 1/8 turn to L (29)
29, 30 Cross R in front of L (29) Step L Back (30)
31, 32 Step R back and slightly out to R(31) Step L next to R(32) □ □□□ (9:00)

Styling: add some sass to your steps, especially during the V-Steps!

For fun & Cool Ending: At the end of the dance, Bend down and hit the ground!!

My dance is also listed & known as 'Hold On' to song 'Shut Up and Hold On by Toby Keith, 1 Tag & Restart.

Please do not modify or change my dance steps, questions, please contact me at llmanary@yahoo.com

Contact: llmanary@yahoo.com