Hit A Home Run



拍數: 64 牆數: 2 級數: Intermediate

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音樂: The Last Night On Earth - Bryan Adams: (Album: Shine A Light)



Intro: 16 counts from start

Section 1: Syncopated Rock Forward x2, Shuffle Back, Touch Unwind

1-2& Rock forward onto right, recover weight left, close right next to left.

3-4 Rock forward onto left, recover weight right.
5&6 Step back on left, close right, step back on left.

7-8 Touch right toe back, unwind ½ right weight ending on right. (6.00)

Section 2: Pivot ¼, Cross Shuffle, Reverse Turn

1-2 Step forward onto left, make ¼ right stepping onto right. (9.00)

3&4 Cross left over right, close right, cross left over right.

Restart here Wall 3 – SEE NOTE BELOW

5-6 Make ¼ left stepping back on right, make ½ left stepping forward onto left. (12.00)

7-8 Make ¼ left rocking right to right side, recover weight left. (9:00)

Section 3: Cross Point x2, Jazzbox ½ Cross.

1-2 Cross right over left, point left to left side.

3-4 Cross left over right, point right to right side.

5-8 Cross right over left, make ¼ right stepping back onto left, make ¼ right stepping right to right

side, cross left over right (3:00)

Section 4: Side Rock, Behind Side Cross, Side Clap, Ball Side Touch

1-2 Rock right to right side, recover weight left.

3&4 Cross right behind left, step left to left side, cross right over left.

5-6 Step left to left side, clap.

&7-8 Step on ball of right next to left, step left to left side, touch right beside left.

Section 5: ¼, 1/2, Coaster, Reverse ½, Shuffle ½.

1-2 Make ¼ right stepping forward right, make ½ right stepping back on left. (12.00)

3&4 Step right back, close left to right, step forward right.

5-6 Step forward left, make ½ left stepping back on right. (6.00)

7&8 Make ½ left shuffling left, right, left. (12.00)

Section 6: Syncopated Rock, Pivot ¼, Cross ¼, Shuffle ½

1-2& Rock forward onto right, recover weight left, close right next to left.

3-4 Step forward left, pivot ¼ right stepping onto right. (3.00)

5-6 Cross left over right, make ¼ left stepping back onto right. (12.00)

7&8 Shuffle left, right, left making ½ over left shoulder. (6.00)

Restart here on Walls 1 & 4

Section 7: Step Touch, & Heel Ball Step, Touch, & Heel Ball, Rock Replace

1-2 Step forward onto right, touch left behind right.

Step back on ball of left, dig right heel forward, step on ball of right.

4 Step forward onto left.

5&6& Touch right behind left, step back on ball of right, dig left heel forward, step on ball of left.

7-8 Rock forward onto right, recover weight left.

Section 8: Lock Back, Touch Unwind, Pivot 1/2, Walk Walk.

1&2	Step right back, lock left across right, step right back.
3-4	Touch left back, unwind ½ over left stepping onto left. (12.00)
5-6	Step forward onto right, pivot ½ left. (6.00)
7-8	Walk forward right, left.

Restarts:-

During Walls 1 & 4 dance upto and include count 48 then restart the dance from the beginning.

During Wall 3 dance upto and including count 12 (Cross Shuffle). While doing the cross shuffle, make an extra ¼ right to end up facing the front for the Restart.