# Hit N Run



拍數: 32 牆數: 4 級數: Improver

編舞者: Ross Brown (ENG) - May 2011

音樂: Lipstick - Jedward: (CD: Lipstick - 2:55)



#### Intro: 8 Counts (Approx. 4 Secs)

#### TOUCH BALL CROSS. BACK, SIDE. CROSS SHUFFLE. 3/4 TURN R.

1 & 2	Touch right next to left, step right	ht next to left, cross	step left over right
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- 3 4 Step back with right, step left to the left.
- 5 & 6 Cross step right over left, close left up to right, cross step right over left.
- 7 8 Make a  $\frac{3}{4}$  turn right stepping; back with left ( $\frac{1}{4}$ ), forward with right ( $\frac{1}{2}$ ). (9 o'clock)

## (1/4 TURN R) TOUCH BALL CROSS. BACK, SIDE. CROSS SHUFFLE. 3/4 TURN L.

- 1 & 2 Make a ¼ turn right touching left next to right, step left next to right, cross step right over left.
- 3 4 Step back with left, step right to the right.
- 5 & 6 Cross step left over right, close right up to left, cross step left over right.
- 7 8 Make a  $\frac{3}{4}$  turn left stepping; back with right ( $\frac{1}{4}$ ), forward with left ( $\frac{1}{2}$ ). (3 o'clock)

#### (1/4 TURN) SIDE, HOLD. BALL, SIDE, TOUCH. X2.

- 1-2 Make a  $\frac{1}{4}$  turn left stepping right to the right, hold for 1 count.
- & 3 4 Step left next to right, step right to the right, touch left next to right.
- 5-6 Make a  $\frac{1}{4}$  turn right stepping left to the left, hold for 1 count.
- & 7 8 Step right next to left, step left to the left, touch right next to left. (3 o'clock)

#### SIDE ROCK. TOGETHER, SIDE ROCK. BEHIND, SIDE. CROSS SHUFFLE.

- 1-2 Rock right to the right, recover onto left.
- & 3 4 Step right next to left, rock left to the left, recover onto right.
- 5 6 Cross step left behind right, step right to the right.
- 7 & 8 Cross step left over right, close right up to left, cross step left over right. (3 o'clock)

### End of Dance. Start again and Enjoy!

#### TAG 1: Danced at the end of Walls 2, 5 and 8 facing 6, 6 and 3 o'clock respectively.

1 – 8 Make a full turn right as you walk around in a circle; right, left, right, left, right, left, right, left. NOTE One way to remember when to do this TAG is to listen out for the loud "HEY" which is sung on Count 8 just before the TAG.

#### TAG 2: Danced at the end of Wall 3 facing 9 o'clock.

- 1 4 Repeat the first 4 counts of the dance.
- 5 8 [Jazz Box ¼ Turn Right] Cross step right over left, step back with left, make a ¼ turn right

stepping right to the right, cross step left over right.

## Contact: ross-brown@hotmail.co.uk