

# HIT & RUN

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**Count:** 32      **Wall:** 4      **Level:** ultra beginner east coast swing

**Choreographer:** Danny Leclerc

**Music:** Hit & Run by Peter Myles

**Festival PLEUMEUR BODOU Côtes d'Armor France, 15, 16 et 17 juillet 2005 1st Position**  
**UCWDC Montreal Grand-Prix May 2005 (Newcomer Choreography)**

## TOE STRUT, TOE STRUT, WALK

- 1-2      Left toe strut forward
- 3-4      Right toe strut forward
- 5-8      Walk forward left-right-left-right

**Toe strut: step on ball and drop heel with emphasis**

## TOE STRUT, TOE STRUT, WALK

- 1-2      Left toe strut backward
- 3-4      Right toe strut backward
- 5-8      Walk backward left-right-left-right

## SIDE LEFT, TOGETHER, SIDE LEFT, TAP, SIDE RIGHT, TOGETHER, SIDE RIGHT, TAP

- 1-2      Step left to side, step right together
- 3-4      Step left to side, touch right together
- 5-6      Step right to side, step left together
- 7-8      Step right to side, touch left together

## SIDE LEFT, TAP, SIDE RIGHT, TAP, SIDE, TOGETHER, SIDE ¼ LEFT, TOGETHER

- 1-2      Step left to side, touch right together
- 3-4      Step right to side, touch left together
- 5-6      Step left to side, step right together
- 7-8      Step left to side turning ¼ left, step right together

## REPEAT