

# HIT THE GROUND

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**Count:** 48

**Wall:** 2

**Level:** Improver / Intermediate

**Choreographer:** Shaz 'n' Dave – May 09

**Music:** 'Hit The Ground Runnin' By Keith Urban – From the Album 'Defying Gravity'

## 48 Count Intro

### Cross Rock, Recover, $\frac{1}{4}$ R, $\frac{1}{4}$ R point, Together, Point, $\frac{1}{2}$ R, Point (Monterey)

- 1-2 Cross rock right over left, Recover on left
- 3-4 Make  $\frac{1}{4}$  right stepping right forward, Make  $\frac{1}{4}$  right pointing left to left side
- 5-6 Step left beside right, Point right to right side
- 7-8 Make  $\frac{1}{2}$  turn right stepping right beside left, Point left to left side (Monterey)

### Cross Shuffle, $\frac{1}{4}$ L, $\frac{1}{4}$ L, Rock, Recover, $\frac{1}{2}$ R, Brush

- 1&2 Cross step left over right, Step right to right side, Cross step left over right (Cross Shuffle)
- 3-4 Make  $\frac{1}{4}$  left stepping back right, Make  $\frac{1}{4}$  left stepping left to left side
- 5-6 Rock forward on right, Recover on left
- 7-8 Make  $\frac{1}{2}$  turn right stepping right forward, Brush left forward

### Shuffle Forward, Rock, Recover, $\frac{1}{2}$ R, $\frac{1}{4}$ R, Behind, Side

- 1&2 Step left forward, Step right beside left, Step left forward (Shuffle)
- 3-4 Rock forward right, Recover on left
- 5-6 Make  $\frac{1}{2}$  right stepping right forward, Make  $\frac{1}{4}$  right stepping left to side
- 7-8 Cross step right behind left, Step left to left side

### Cross, Side, Sailor $\frac{1}{4}$ R, Rock, Recover, &Together, Heel Tap x2

- 1-2 Cross step right over left, Step left to left side
- 3&4 Cross step right behind left, Step left to left side, Step right to right side (Sailor)
- 5-6& Rock forward left, Recover on right, Step left next to right
- 7-8 Tap right heel forward, Tap right heel forward

### Touch, Kick, Syncopated Jazz, Step Forward, $\frac{1}{2}$ R Pivot, $\frac{1}{4}$ R Side Left, Hold

- 1-2 Touch right toe next to left (Pop right knee), Kick right diagonal right

**3&4** Cross step right over left, Step back left, Step right to right side (Jazz)

**5-6** Step left forward,  $\frac{1}{2}$  Pivot right

**7-8  $\frac{1}{4}$  right step left to side left, Hold**

### **Right Wizard, $\frac{1}{4}$ L Touch Left Side, Hold, &Together, Weave**

**1-2&** Step right diagonal right, Lock left behind right, Step right diagonal right (Wizard)

**3-4&  $\frac{1}{4}$  left point left to left side, Hold, Step left next to right**

**5-6** Cross step right over left, Step left to left side

**7-8** Cross step right behind left, Step left to left side (Weave)

### **Start Again**

**Tag- End of walls 1 & 3 (Facing back wall both times)**

### **Right Kick, Jazz, Left Kick, Jazz**

**1-2** Kick right across left, Cross step right over left

**3-4** Step back left, Step right to right side

**5-6** Kick left across right, Cross step left over right

**7-8** Step back right, Step left to left side

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