

Young and Wild

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Theresa Needham

Music: Hit the ground running by Keith Urban. CD. Defying gravity. 128 BPM.

Intro: 32 count from main beat (starts on main vocals)

Alt. Eric Church. Young and wild. CD. Carolina. 130 BPM.

SIDE, BEHIND, BALL CROSS, 1/2 TURN LEFT, CROSS SHUFFLE, STEP SIDE

- 1 - 2 Step R to R side, step L behind R,
& 3 Step R next to L, cross L over R
4 - 5 Making ½ turn L, step back on R, step L to L side (6-00)
6 & 7 Step R over L, step L to L side, step R over L
8 Step L to L side

SIDE, BEHIND, ½ TURN RIGHT, STEP, LEFT LOCKSTEP, FORWARD MAMBO

- 1 - 2 Step R to R side, step L behind R
& 3 - 4 Making ½ turn R, step forward on R, step L to L side, step forward on R (12-00)
5 & 6 Step forward on L, lock R behind L, step forward on L
7 & 8 Rock forward on R, recover on L, step R beside L

FULL TURN LEFT, COASTER STEP, STEP ¼ TURN LEFT, CROSS SHUFFLE

- 1 - 2 ½ turn L stepping forward on L, ½ turn L stepping back on R *
3 & 4 Step back on L, step R beside L, step forward on L
5 - 6 Step forward on R, make ¼ turn L (9-00)
7 & 8 Cross R over L, step L to L side, cross R over L

*** Option. Walk back, left, right**

HEEL SWITCHES ¼ TURN LEFT, ROCK RECOVER, COASTER STEP

- 1 & 2 & Making 1/8 turn L dig L heel forward step L together, dig R heel forward step R together
3 & 4 & Making 1/8 turn L dig L heel forward step L together, dig R heel forward step R together (6-00)

- 5 - 6** Rock forward on L, recover onto R
- 7 & 8** Step back on L, step R beside L, step L forward

ROCK RECOVER, SHUFFLE $\frac{1}{2}$ RIGHT, STEP PIVOT $\frac{1}{2}$ RIGHT, SHUFFLE FORWARD

- 1 - 2** Rock forward on R, recover onto L
- 3 & 4** Shuffle $\frac{1}{2}$ turn R (12-00)
- 5 - 6** Step forward on L, pivot $\frac{1}{2}$ turn R (6-00)
- 7 & 8** Shuffle forward on L

MODIFIED RUMBA BOX WITH $\frac{1}{4}$ TURN LEFT

- 1 - 2** Step R to R side, step L next to R
- 3 & 4** Shuffle back,
- 5 - 6** Step L to L side, step R beside L
- 7 & 8** Shuffle $\frac{1}{4}$ turn L (3-00)