

Get It & Hit It

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Count: 80 **Wall:** 2 **Level:** Phrased Intermediate - Soul

Choreographer: Helen Woods – December 2018

Music: Get It and Hit It by Stan Mosley [Album: Soul Resurrection] (94 BPM, 4:11)

Music available at <http://stanmosleysoul.com/discography>

Step sheet prepared by Harry Woods

#32 count intro after short (about 7.5 seconds) lead in, support on left

Phrase Sequence: A B A B A B* B* B* B until end (B* is B with a step change - see detail)

Part A - 48 counts

SECTION A1: ROCK FORWARD RECOVER, BACK, ROCK BACK RECOVER, STEP, STEP (TURN ½) REPLACE (TURN ½), BACK, ROCK BACK RECOVER, STEP

- 1&2** Rock right forward, recover left, step right back
- 3&4** Rock left back, recover right, step left forward
- 5&6** Step right forward then turn ½ left, replace left then turn ½ left, step right back
- 7&8** Rock left back, recover right, step left forward

SECTION A2: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, CROSS SIDE, CROSS

- 1&2** Rock right to side, recover left, step right together
- 3&4** Rock left to side, recover right, step left together
- 5&** Rock right to side, recover left
- 6&** Step right across left, step left to side
- 7&** Step right across left, step left to side
- 8** Step right across left

SECTION A3: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, BEHIND (TURN ¼) STEP, STEP

- 1&2** Rock left to side, recover right, step left together
- 3&4** Rock right to side, recover left, step right together

- 5& Rock left to side, recover right
- 6& Step left across right, step right to side
- 7& Step left behind right then turn $\frac{1}{4}$ right, step right forward
- 8 Step left forward

SECTION A4: STEP (TURN $\frac{3}{4}$) REPLACE, SIDE, ROCK BACK SIDE, ROCK BACK SIDE, DOUBLE BUMP, DOUBLE BUMP

- 1&2 Step right forward then turn $\frac{3}{4}$ left, replace left, step right to side
- 3&4 Rock left back opening to left diagonal, recover right, step left to side
- 5&6 Rock right back opening to right diagonal, recover left, step right to side
- 7 Double bump hips right (body roll as an option)
- 8 Replace left double bumping hips left (body roll as an option)

SECTION A5: KICK BALL, KICK BALL, CROSS SIDE, KICK BALL, KICK BALL, KICK BALL, CROSS SIDE, KICK BALL

- 1& Low kick right forward, step ball of right beside left
- 2& Low kick left forward, step ball of left beside right
- 3& Step right across left, step left to side
- 4& Low kick right forward, step ball of right beside left
- 5& Low kick left forward, step ball of left beside right
- 6& Low kick right forward, step ball of right beside left
- 7& Step left across right, step right to side
- 8& Low kick left forward, step ball of left beside right

SECTION A6: CROSS SIDE, KICK BALL, CROSS SIDE, KICK BALL, STEP (TURN $\frac{1}{2}$), REPLACE, STEP (TURN $\frac{1}{2}$), REPLACE

- 1&2& Step right across left, step left to side, low kick right diagonally forward, step ball of right beside left
- 3&4& Step left across right, step right to side, low kick left diagonally forward, step ball of left beside right
- 5-6 Step right forward then turn $\frac{1}{2}$ left, replace left
- 7-8 Step right forward then turn $\frac{1}{2}$ left, replace left

Part B - 32 counts

SECTION B1: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP

Face forward during this section and, optionally, add knee pops.

- 1-2** Step right along right diagonal, step left together
- 3&4** Step right along right diagonal, step left together, step right along right diagonal
- 5-6** Step left along left diagonal, step right together
- 7&8** Step left along left diagonal, step right together, step left along left diagonal

SECTION B2: BACK x 3, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER

- 1-4** Step right back, step left back, step right back, step left together
- 5&6** Rock right to side, recover left, step right together
- 7&8** Rock left to side, recover right, step left together

SECTION B3: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP

Face forward during this section and, optionally, add knee pops.

- 1-2** Step right along right diagonal, step left together
- 3&4** Step right along right diagonal, step left together, step right along right diagonal
- 5-6** Step left along left diagonal, step right together
- 7&8** Step left along left diagonal, step right together, step left along left diagonal

SECTION B4: BACK x 3, TOGETHER, ROCK FORWARD RECOVER, TOGETHER, ROCK BACK RECOVER, TOGETHER

- 1-4** Step right back, step left back, step right back, step left together
- 5&6** Rock right forward, recover left, step right back
- 7&8** Rock left back, recover right, step left forward

For B* replace 7&8 with the following steps

- 7&8** Step left back then turn $\frac{1}{4}$ right, step right to side, step left forward