

# Hit Your Stride

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**Count:** 48

**Wall:** 2

**Level:** Intermediate Phrased

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**Intro: 16 Counts, 9 secs approx.. on the lyrics "Hands"**

**Sequence: Start facing 6.00 - B AA BB AA BB AA BB**

**PART A: 32c**

**[1 - 8] Walk x2, Out Out, Ball Cross, Side Rock, Together, Big Step,  $\frac{1}{4}$  Turn L with Step Together**

**1-2 Step R fwd (1), Step L fwd (2) 12:00**

**&3&4 Step R to R diagonal (&), Step L to L diagonal (3), Return R to centre on ball of the foot (&), Cross L over R (4) 12:00**

**5-6 Rock R to R side (5), Recover on to L (6) 12:00**

**&7-8 Close R next to L (&), Big step L to L side (7), Making  $\frac{1}{4}$  turn L Close R next to L (8) 9:00**

**[9 - 16]  $\frac{1}{4}$  Turn L with Side Point,  $\frac{1}{4}$  Turn R Step Forward, Scissor Step with  $\frac{3}{8}$  Turn R, Box 1 &  $\frac{1}{8}$  Turn**

**&1-2 Making  $\frac{1}{4}$  Turn L Step L to L side (&) Point R to R side (1), Making  $\frac{1}{4}$  Turn R step R fwd (2) 9.00**

**3&4 Making  $\frac{1}{4}$  Turn R step L to L side (3), Close R next to L (&) Making  $\frac{1}{8}$  Turn R step L fwd 1:30**

**5-6 Squaring up to front Step R to R side (5), Making  $\frac{1}{4}$  L Step L to L side (6) 9:00**

**7-8 Making  $\frac{1}{4}$  Turn L step R to R side (7), Making  $\frac{1}{2}$  turn L Step L fwd (8) 12:00**

**[17 - 24] Kick Step, Lock Step, Step Pivot  $\frac{1}{4}$  Turn, Body Roll L & R**

**1&2& Kick R fwd (1), Step R fwd (&), Lock L behind R (2), Step R fwd (&) 12:00**

**3-4 Step L fwd (3),  $\frac{1}{4}$  turn R finishing with weight on R (4) 3:00**

**5-6 Side body roll L over 2 counts (5, 6) 3:00**

**7-8 Side body roll R over 2 counts (7, 8) 3:00**

**[25 - 32] Sailor Step L, Sailor  $\frac{1}{4}$  Turn R, Step Forward, Touch Behind, Sweep, Coaster Step**

**1&2 Cross L behind R (1), Step R to R side (&), Step L to L side (2) 3:00**

**3&4 Cross R behind L (3), Step L to L side (&), Making  $\frac{1}{4}$  turn R step R fwd (4) 6:00**

**&5-6 Step L fwd (&), Touch R behind L (5), Recover on to R sweeping L from front to back (6) 6:00**

**Note: Optional arms - Drop head and click both hands down by your sides**

**7&8 Step L back (7), Close R next to L (&), Step R fwd (8) 6:00**

**Part B: 16c**

**[&1 - 8] Ball Side Rock, Recover  $\frac{1}{4}$  Turn L, Shetland Pony Step Back x2, Sailor  $\frac{1}{4}$  Turn**

**&1-2 Close R next to L (&), Rock L to L side (1), Making  $\frac{1}{4}$  turn L recover on to R (2) 9:00**

**3&4 Step L back with a hitchlet (small hitch) R (3), Recover on to R (&), Step L back with a hitchlet R 9:00**

**5&6 Step R back with a hitchlet L (3), Recover on to L (&), Step R back with a hitchlet L 9:00**

**7&8 Cross L behind R (7), Close R next to L (&), Making  $\frac{1}{4}$  L Step L fwd (8) 6:00**

**[9 - 16] Skate Kick Ball Change, Hip Roll x3 with Full Turn & Clap x2**

**1&2 Kick R to R diagonal as you swivel L heel out (1), Close R next to L (&), Step L fwd (2) 6:00**

**3-4 Making  $\frac{1}{4}$  turn L step R to R side rolling hip from L to R (3), Making  $\frac{1}{8}$  turn L cross L over R (4) 1:30**

**5-6 Making  $\frac{1}{4}$  turn L step R to R side rolling hip from L to R (5), Making  $\frac{1}{8}$  turn L cross L over R (6) 9:00**

**7&8 Making  $\frac{1}{4}$  turn L step R to R side rolling hip from L to R (7), Recover weight on to L (8)**

**(Clap note: Starting with R hand above L hand, Clap twice as you brush hands past each other on counts (&8),**

**This happens on the first B and every 2nd B thereafter) 6:00**

**Last Update: 21 Sep 2025**