

# Hit The Ground (Aka 'Hold On')

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Lori Manary (11/2014)

**Music:** Hit The Ground (Original Fm Cut) by Kique Santiago, iTunes

## Start with lyrics - No Tags Or Restarts

### R HEEL SCUFF, HITCH STOMP 2 R HIP BUMPS (R,L,R), L HEEL SCUFF, HITCH STOMP, 2 L HIP BUMPS

**1 & 2**            Scuff R heel (1), Raise R knee (&), Stomp R foot down, stepping slightly forward (2)

**3 & 4 2 R hip bumps: R hip bump fwd(3), weight change back on L(&), R hip bump fwd(4) (R take wt)**

**5 & 6**            Scuff L heel (5), Raise L knee (&), Stomp L foot down, stepping slightly forward (6)

**7 & 8 2 L hip bumps: L hip bump fwd(7),weight change back on R(&),L hip bump fwd(8)(L take wt) (12:00)**

### VINE TO RIGHT, TOE TOUCH, VINE TO LEFT, TOE TOUCH

**9, 10**            Step R to R side (9) Cross L over front of R(10)

**11, 12**           Step R to R side (11) Touch L next to R (12) 13, 14 Step L to L side (13) using R foot, make a ½ turn L (14)

**15, 16**           Using L foot, make ½ turn L(15), Touch R next to L (16) (12:00)

**Optional: You can do a rolling vine to the left for counts 13-16 for high beginner-Immediate dancers.**

### V STEP, ROCKING CHAIR

**17, 18**           Step R forward at a slight right angle (17) Step L forward at a slight left angle (18)

**19, 20**           Step R back to center (19), Step L back to center (20)

**21, 22**           Rock step R forward (21), Recover weight on L (22)

**23, 24**           Rock step R back (23) Recover weight on L (24) (12:00)

### TWO 1/8 TURN HIP ROLLS TO LEFT, JAZZ BOX

**25, 26**           Step R toe slightly forward (25), Using toe, make 1/8 turn to L (25)

**27, 28**           Step R toe slightly forward (27), Using toe, make 1/8 turn to L (29)

**29, 30** Cross R in front of L (29) Step L Back (30)

**31, 32** Step R back and slightly out to R(31) Step L next to R(32) (9:00)

**Styling: add some sass to your steps, especially during the V-Steps!**

**For fun & Cool Ending: At the end of the dance, Bend down and hit the ground!!**

**My dance is also listed & known as 'Hold On' to song 'Shut Up and Hold On by Toby Keith, 1 Tag & Restart.**

**Please do not modify or change my dance steps, questions, please contact me at [llmanary@yahoo.com](mailto:llmanary@yahoo.com)**

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