

HIT & RUN

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Count: 40

Wall: 4

Level: intermediate social cha

Choreographer: Frank Cooper

Music: Treat Her Like A Lady by Celine Dion

STEP BACK, LEFT SYNCOPATED TWINKLE, RIGHT SYNCOPATED TWINKLE, SHUFFLE FORWARD, CHASE ½ TURN LEFT

- 1** Step back on right foot at a 45 degree angle to the right
- 2&3** Step left foot over right, step back on right foot at a 45 degree angle to the right, step left foot back at a 45 degree angle to the left
- 4&5** Step right foot over left, step back on left foot at a 45 degree angle to the left, step right foot back at a 45 degree angle to the right
- 6&7** Shuffle forward left, right, left
- 8&9** Step forward on right foot, step together with left foot making a ½ turn left, step forward on right foot

WALK, WALK, KICK OUT OUT, SWAY, SWAY, SWAY, BALL CROSS

- 10-11** Step forward on left foot, step forward on right foot
- 12&13** Kick left foot forward, step left out to left side, step right foot out to right side while swaying right hip to right
- 14-15** Sway left hip to left, sway right hip to right
- &16** Step back on the ball of the left foot, step right foot over left

STEP BACK, BALL CROSS, STEP BACK, BALL CROSS, STEP BACK, BALL CROSS SHUFFLE, SIDE ROCK & CROSS

- 17&18** Step back on the left foot at 45 degree angle to left, step back on the ball of the right foot, step left foot over right
- 19&20** Step back on the right foot at a 45 degree angle to the right, step back on the ball of the left foot, step right foot over left
- 21** Step back on the left foot
- &22&23** Step back on the ball of the right foot, step left foot over right, step right foot to right side, step left foot over right
- 24&25** Rock right foot out to the right side, recover onto the left foot, step right foot over left

STEP BACK $\frac{1}{4}$ TURN, TRIPLE $\frac{1}{2}$ TURN RIGHT, ROCK & STEP BACK, TOUCH TOE BACK, REVERSE PIVOT $\frac{1}{2}$ TURN RIGHT

- 26** Step back on left foot making a $\frac{1}{4}$ turn right
- 27&28** Triple around $\frac{1}{2}$ turn right stepping right, left, right
- 29&30** Rock forward on left foot, recover onto right foot, step back on left foot
- 31-32** Touch right toe back, pivot $\frac{1}{2}$ turn right over right shoulder, weight ending on left foot

STEP BACK ON RIGHT FOOT, TOUCH LEFT ACROSS, SHUFFLE FORWARD, CHASE $\frac{1}{2}$ TURN, POINT FORWARD, $\frac{1}{2}$ TURN RIGHT

- 33-34** Step back on right foot, touch left toe across right foot
- 35&36** Step forward on left foot, bring right foot up to left, step forward on left foot
- 37&38** Step forward on right foot, step left foot beside right $\frac{1}{2}$ turn left, step forward on right
- 39-40** Point left toe forward, make a $\frac{1}{2}$ turn right keeping weight back on the left foot

REPEAT

RESTART

You will do the first 32 counts of the dance and begin again

ENDING

On the last wall, you will be facing the 9:00 wall. Instead of making the $\frac{1}{2}$ turn right on count 31-32 just step back on the right foot (31) and touch the left toe forward (32)