

# HITCH AND RUN

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**Count:** 40

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Annette Lundsholm Jakobsen

**Music:** Time After Time by Jake Mathews

## RIGHT VINE, HITCH, LEFT VINE, HITCH, ROCK AND SCUFF

- 1&2 Vine right (step right, left behind, step right)  
& Hitch left knee  
3&4 Vine left (step left, right behind, step left)  
& Hitch right knee  
5& Rock forward on right foot, rock backward on left foot  
6& Rock forward on right foot, scuff left foot  
7& Rock forward on left foot, rock backward on right foot  
8& Rock forward on left foot, scuff right foot

## ROCK STEP ¼ TURN RIGHT, ROCK STEP ½ TURN LEFT, RUMBA BOX

- 1& Rock right foot forward, recover back onto left foot  
2 Turn ¼ right, stepping right foot to right side (3:00)  
3& Rock left foot forward, recover back onto right foot  
4 Turn ½ left, stepping left foot to left side (9:00)  
5&6 Step right foot to right, step left foot to right foot, step backwards on right foot  
7&8 Step left foot to left, step right foot to left foot, step forward on left foot

## RIGHT HEEL HOOK, HEEL FLICK, RIGHT SHUFFLE-LEFT HEEL HOOK, HEEL FLICK, LEFT SHUFFLE

- 1&2& Touch right heel forward, hook right heel in front of left, touch right heel forward, flick right foot out to right side  
3&4 Step forward on right foot, step left foot next to right foot, step forward on right foot  
5&6& Touch left heel forward, hook left heel in front of right, touch left heel forward, flick left foot out to left side  
7&8 Step forward on left foot, step right foot next to left foot, step forward on left foot

## **RIGHT ½ TURNING SHUFFLE, RIGHT ¼ TURNING SHUFFLE, DIG, TOUCH AND RUN**

- 1&2** Step RIGHT BACK foot, step left foot to right foot, step RIGHT BACK foot as you make ½ turn right (3:00)
- 3&4** Step forward on left foot, step right foot next to left foot, step left foot forward as you make ¼ turn right (6:00)
- 5-6** Dig right heel forward, touch right toe backward
- 7&8&** Run forward (small steps)right foot, left foot, right foot, left foot

## **DIG, TOUCH AND RUN, CROSS, UNWIND, COASTER STEP**

- 1-2** Dig right heel forward, touch right toe backward
- 3&4&** Run forward(small steps)right foot, left foot, right foot, left foot
- 5-6** Cross right foot over left foot, unwind ¼ to the left (3:00)
- 7&8** Step left foot back, step right foot beside left foot, step left foot forward

## **REPEAT**

**RESTART: Restart on 4th wall after rumba box, facing(6:00)**