

Hit The Freeway

32 count, 4 wall, intermediate level

Choreographer: Dee Musk (England) May 2005

Choreographed to: Hit The Freeway by Toni Braxton,
More Than A Woman Album

16 count Intro – Start on main vocals.

PRESS RECOVER, CROSS SIDE HEEL, & CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT WITH HIP BUMPS R,L,R

- 1,2 Press left out to left side, recover weight to right as you drag left in.
3&4 Cross left over right, step right slightly to right side, touch left heel to left diagonal.
&5,6 Step left beside right, cross right over left, make a ¼ turn right, stepping back on left.
7&8 Make a ¼ turn right and bump hips right, left, right.

BALL CROSS ½ TURN LEFT, RIGHT AND LEFT TOE SWITCHES, BALL CROSS, LEFT HIP PUSH, ¼ TURN RIGHT WHILST POPPING RIGHT KNEE OUT, IN, OUT.

- &1,2 Step left beside right, cross right over left, make a ½ turn left stepping forward on to left.
3&4 Point right toe out to right side, close right beside left, point left toe out to left side.
&5,6 Step left beside right, cross right over left, step left to left side into a left hip push.
7&8 Whilst making a ¼ turn right, pop right knee out, in, out.
(Weight is now forward on right).

LEFT DIP STEP, MAKE ½ TURN RIGHT SWEEP, BEHIND SIDE CROSS, ROCK RECOVER TOUCH, BALL HEEL BALL STEP.

- 1,2 Step forward on left dipping down and bending both knees (make it look Cool!!), as you lift up make a ½ turn right, sweeping right clockwise behind left.
3&4 Step right behind left, step left-to-left side, cross right over left.
&5,6 On the & count rock left out, on count 5 recover weight to right, touch left beside right on count 6.
&7&8 Step left beside right on the & count, touch right heel forward on count 7, step right beside left on the & count, step forward on left on count 8.

FUNKY DIAGONAL STEPS WITH HEEL BOUNCES RIGHT THEN LEFT, BACK BACK, BALL CROSS & HEEL BALL CROSS.

- 1&2 Stepping right slightly to right diagonal on count 1, lift right heel on count &, drop right heel on count 2. (Weight should now be on the right).
3&4 Stepping left slightly to left diagonal on count 3, lift left heel on the & count, drop left heel on count 4. (Weight should now be on the left).
&5&6 Step back on right on the & count, step back on left on count 5, (feet should be shoulder width apart now), step right beside left on the & count, cross left over right on count 6.
&7&8 Step right slightly to right side on the & count, touch left heel to left diagonal on count 7, step left beside right on the & count, cross right over left on count 8.

Have Fun and get Funky!!! Luv Dee xx