

Hit & Run

32 count, 4 wall, beginner level

Choreographer: Danny Leclerc (Can) June 2005
Choreographed to: Hit & Run by Peter Myles, CD:
Breaking The Rules; Boogie Till The Cows Come
Home by Clay Walker (184 bpm) CD: If I Could Make
A Living: Emotional Girl by Terri Clark (156 bpm),
CD: Just The Same

TOE STRUT, TOE STRUT, WALK

1-2 Left toe strut forward
3-4 Right toe strut forward
5-8 Walk forward left-right-left-right
Toe strut: step on ball and drop heel with emphasis

TOE STRUT, TOE STRUT, WALK

1-2 Left toe strut backward
3-4 Right toe strut backward
5-8 Walk backward left-right-left-right

SIDE LEFT, TOGETHER, SIDE LEFT, TAP, SIDE RIGHT, TOGETHER, SIDE RIGHT, TAP

1-2 Step left to side, step right together
3-4 Step left to side, touch right together
5-6 Step right to side, step left together
7-8 Step right to side, touch left together

SIDE LEFT, TAP, SIDE RIGHT, TAP, SIDE, TOGETHER, SIDE ¼ LEFT, TOGETHER

1-2 Step left to side, touch right together
3-4 Step right to side, touch left together
5-6 Step left to side, step right together
7-8 Step left to side turning ¼ left, step right together

1st Position UCWDC Montreal Grand-Prix May 2005 (Newcomer Choreography)
