

## Hit The Ground

56 Count, 4 Wall, Improver

Choreographer: Gaëtan Favreau (Oct 2010) France

Choreographed to: Hit The Ground Running

by Keith Urban

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- 1-8 Side rock, Cross shuffle, 1/4 turn left, Step -Lock , Step-Lock-Step**  
1-2 Step right to right side – recover onto left  
3&4 Cross right over left - step left to left side - cross right over left  
5-6 ¼ turn left, step forward left – lock right behind left  
7&8 Step forward left - Lock right behind left - Step forward left
- 9-16 Step 1/2 turn, Full turn, Shuffle right, Rock step**  
1-2 Step forward right – ½ turn left  
3-4 Step forward right – ½ turn right, step back left  
5&6 ½ turn right, Step right forward - close left at side of right. Step forward right  
7-8 Rock forward left – recover onto right
- 17-24 Step lock , Step lock step back , (Left and Right )**  
1-2 Step back left – Lock right over left  
3&4 Step back left – Lock right over left – Step back left  
5-6 Step back right – Lock left over right  
7&8 Step back right – Lock left over right – Step back right
- 25-32 Back rock, Shuffle forward, Right Kick ball touch left, Touch right, Pivot 1/2 turn right, Touch**  
1-2 Rock back left – recover onto right  
3&4 Step forward left - close right at side of left - Step forward left  
5&6 Kick right foot forward - step right next to left - touch left to left side  
&7 step left next to right - touch right to right side  
8 Pivot ½ turn right, touch right next to left
- 33-40 Right shuffle, Rock back, Left shuffle, Rock back**  
1&2 Step right foot side right - step left foot beside right -step right foot side right  
3-4 Rock back left – recover onto right  
5&6 Step left foot side left - step right foot beside left - step left foot side left  
7-8 Rock back right – recover onto left
- 41-48 Rock forward, Coaster step , Touch forward, Touch left , Sailor 1/2 turn**  
1-2 Rock forward right – recover onto left  
3&4 Step back on right - step left beside right - step forward on left  
5-6 Touch left forward - touch left to left side  
7&8 Step back on left making a 1/4 turn left - step right to right side – make a 1/4 left and step forward on left
- 49-56 Switches**  
1&2 Touch right to right side - step right next to left - touch left to left side  
&3 Step left next to right - touch right to right side  
&4 Cross touch right forward - touch right to right side  
&5 Step right next to left - touch left to left side  
&6 Step left next to right - touch right to right side  
&7-8 Step right next to left - touch left to left side – cross left over right

**RESTART:** ON wall 2 and 6, restart after 48 Counts. (6h00)

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