

# Hit N Run

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Ross Brown (UK)

**Music:** Lipstick by Jedward (138 BPM), CD; Lipstick [Length - 2:55]

## Intro: 8 Counts (Approx. 4 Secs)

### TOUCH BALL CROSS. BACK, SIDE. CROSS SHUFFLE. $\frac{3}{4}$ TURN R.

- 1 & 2** Touch right next to left, step right next to left, cross step left over right.
- 3 - 4** Step back with right, step left to the left.
- 5 & 6** Cross step right over left, close left up to right, cross step right over left.
- 7 - 8** Make a  $\frac{3}{4}$  turn right stepping; back with left ( $\frac{1}{4}$ ), forward with right ( $\frac{1}{2}$ ). (9 o'clock)

### ( $\frac{1}{4}$ TURN R) TOUCH BALL CROSS. BACK, SIDE. CROSS SHUFFLE. $\frac{3}{4}$ TURN L.

- 1 & 2** Make a  $\frac{1}{4}$  turn right touching left next to right, step left next to right, cross step right over left.
- 3 - 4** Step back with left, step right to the right.
- 5 & 6** Cross step left over right, close right up to left, cross step left over right.
- 7 - 8** Make a  $\frac{3}{4}$  turn left stepping; back with right ( $\frac{1}{4}$ ), forward with left ( $\frac{1}{2}$ ). (3 o'clock)

### ( $\frac{1}{4}$ TURN) SIDE, HOLD. BALL, SIDE, TOUCH. X2.

- 1 - 2** Make a  $\frac{1}{4}$  turn left stepping right to the right, hold for 1 count.
- & 3 - 4** Step left next to right, step right to the right, touch left next to right.
- 5 - 6** Make a  $\frac{1}{4}$  turn right stepping left to the left, hold for 1 count.
- & 7 - 8** Step right next to left, step left to the left, touch right next to left. (3 o'clock)

### SIDE ROCK. TOGETHER, SIDE ROCK. BEHIND, SIDE. CROSS SHUFFLE.

- 1 - 2** Rock right to the right, recover onto left.
- & 3 - 4** Step right next to left, rock left to the left, recover onto right.
- 5 - 6** Cross step left behind right, step right to the right.
- 7 & 8** Cross step left over right, close right up to left, cross step left over right. (3 o'clock)

### End of Dance. Start again and Enjoy!

**TAG 1: Danced at the end of Walls 2, 5 and 8 facing 6, 6 and 3 o'clock respectively.**

**1 - 8** Make a full turn right as you walk around in a circle; right, left, right, left, right, left, right, left.

**NOTE One way to remember when to do this TAG is to listen out for the loud "HEY" which is sung on Count 8 just before the TAG.**

**TAG 2: Danced at the end of Wall 3 facing 9 o'clock.**

**1 - 4** Repeat the first 4 counts of the dance.

**5 - 8[Jazz Box  $\frac{1}{4}$  Turn Right] Cross step right over left, step back with left, make a  $\frac{1}{4}$  turn right stepping right to the right, cross step left over right.**

**Contact: [ross-brown@hotmail.co.uk](mailto:ross-brown@hotmail.co.uk)**