

## **Hit Your Stride**



www.linedancerweb.com www.linedancefoundation.com www.crystalbootawards.com 48 Count 2 Wall Intermediate Level Dance.

Choreographed by: Joey Warren (USA), Amy Bailey (USA)

& Shane McKeever (IRL) Sept 2025

Choreographed to: Hands Dirty by Amy McKnight & Andrew DeLong

Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

**Sequence:** B, A, A, B, B, A, A, B, B, A, A, B, B

| Part A                                       |  |
|--|--|
| SEC 1<br>1-2<br>&3&4<br>5-6<br>&7-8          | WALK, WALK, OUT OUT, BALL CROSS, SIDE ROCK, TOGETHER, BIG STEP, ¼ TOGETHER Step R fwd, step L fwd Step R to R diagonal, step L to L diagonal, return R to centre on ball of the foot, cross L over R Rock R to R side, recover on to L Close R next to L, big step L to L side, making ¼ turn L close R next to L (9:00)   |
| <b>SEC 2</b><br>&1-2<br>3&4<br>5-6<br>7-8    | 1/4 POINT, 1/4 STEP, SCISSOR STEP 3/6 TURN, BOX 11/6 TURN  Making 1/4 turn L step L to L side point R to R side, making 1/4 turn R step R fwd (9:00)  Making 1/4 turn R step L to L side, close R next to L making 1/6 turn R step L fwd (1:30)  Making 1/4 turn L step R to R side, making 1/4 turn L step L to L side (9:00)  Making 1/4 turn L step R to R side, making 1/2 turn L step L fwd (12:00)   |
| <b>SEC 3</b> 1&2& 3-4 5-6 7-8                | KICK STEP, LOCK STEP, STEP PIVOT ¼ TURN, BODY ROLL Kick R fwd, step R fwd, lock L behind R, step R fwd Step L fwd, ¼ turn R finishing with weight on R (3:00) Side body roll L over 2 counts Side body roll R over 2 counts  |
| SEC 4<br>1&2<br>3&4<br>&5-6<br>Arms<br>7&8   | SAILOR STEP, SAILOR ¼ TURN, STEP, TOUCH BEHIND, SWEEP, COASTER STEP  Cross L behind R, step R to R side, step L to L side  Cross R behind L, step L to L side, making ¼ turn R step R fwd (6:00)  Step L fwd, touch R behind L, recover on to R sweeping L from front to back drop head and click both hands down by your sides  Step L back, close R next to L, step R fwd  |
| Part B<br>SEC 1<br>&1-2<br>3&4<br>5&6<br>7&8 | BALL SIDE ROCK, RECOVER ¼ TURN, SHETLAND PONY STEP BACK X2, SAILOR ¼ TURN Close R next to L, rock L to L side, making ¼ turn L recover on to R (9:00) Step L back with a hitchlet (small hitch) R, recover on to R, step L back with a hitchlet R Step R back with a hitchlet L, recover on to L, step R back with a hitchlet L Cross L behind R, close R next to L, making ¼ L step L fwd (6:00)  |
| SEC 2<br>1&2<br>3-4<br>5-6<br>7&8<br>Note    | SKATE KICK BALL CHANGE, HIP ROLL X3 WITH FULL TURN & CLAP X2 Kick R to R diagonal as you swivel L heel out, close R next to L, step L fwd Making ¼ turn L step R to R side rolling hip from L to R, making ½ turn L cross L over R (1:30) Making ¼ turn L step R to R side rolling hip from L to R, making ½ turn L cross L over R (9:00) Making ¼ turn L step R to R side rolling hip from L to R, recover weight on to L (6:00) Starting with R hand above L hand, clap twice as you brush hands past each other on counts &8 this happens on the first b and every 2nd b thereafter |

