



BroncoBeat

Hit N Run

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!



B r o n c o B e a t

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 ¼ Turn Right] Cross step right over left, step back with left, make a ¼ turn right stepping right to the right, cross step left over right.