# Hit the 4

**Compte:** 64 **Mur:** 2 **Niveau:** High Intermediate
**Chorégraphe:** Rob Fowler (ES) & Colin Ghys (BEL) - January 2026
**Musique:** Hit the 4 - DJTEXX

**Intro: 16 counts (approx. 10s)**

**Music available on: danztunz.com and all major music platforms**

**S1: ¼ L Hitching R, Side R, Prep/Twist ¼ R, ¼ L, ½ L Back R, L Coaster, Step Fwd R**

| | |
|---|---|
| 1,2 | Make ¼ turn L hitching R (1), step R to R side (2) [9:00] |
| 3 | Prep/twist upper body ¼ turn R to look towards 12:00 (keep feet in place) (3) |
| 4 | Make ¼ turn L transferring weight on to L (4) [6:00] |
| 5 | Make ½ turn L stepping back on R (5) [12:00] |
| 6&7,8 | Step back on L (6), step R next to L (&), step forward on L (7), step forward on R (8) |

**S2: Rock Fwd, Recover, Shuffle ½ Turn L, Step Fwd R, Pivot ¼ L, Cross R, Side L, Touch R Heel**

| | |
|---|---|
| 1,2 | Rock forward on L (1), recover weight on R (2) |
| 3&4 | Make ¼ turn L stepping L to L side (3), step R next to L (&), make ¼ turn L stepping forward on L (4) [6:00] |
| 5,6 | Step forward on R (5), make ¼ turn L (weight on L) (6) [3:00] |
| 7&8 | Cross step R over L (7), step L to L side (&), touch R heel to R diagonal (8) |

**S3: Ball Cross, Hold, Full Spiral R, Hold, Side Rock, Recover, R Behind-Side-Cross**

| | |
|---|---|
| &1,2 | Step ball of R next to L (&), cross step L over R (1), hold (2) |
| 3,4 | Full spiral turn R (weight on L) (3), hold (4) |
| 5,6 | Rock R out to R side (5), recover weight on L (6) |
| 7&8 | Step R behind L (7), step L to L side (&), cross step R over L (8) [3:00] |

**S4: Side L, Hold, Ball Side, Hitch, ¼ R Step R, Paddle Turn ½ R**

| | |
|---|---|
| 1,2 | Step L to L side (1), hold (2) |
| &3,4 | Step ball of R next to L (&), step L to L side (3), hitch R (4) |
| 5 | Make ¼ turn R stepping forward on R (5) [6:00] |
| 6 | Keeping weight on R touch L to floor to push off into 1/6 turn R |
| 7 | Keeping weight on R touch L to floor to push off into 1/6 turn R |
| 8 | Keeping weight on R touch L to floor to push off into 1/6 turn R [12:00] |

**(note: counts 6,7,8 make ½ paddle turn R)**

**BRIDGE: *See note below about adding BRIDGE here during WALL 2 and WALL 4**

**S5: Cross L, Side R, Behind L, Side R, Touch L Heel, Ball Cross, Side L With ½ Turn R, R Chasse**

| | |
|---|---|
| 1,2 | Cross step L over R (1), step R to R side (2) |
| 3&4 | Step L behind R (3), step R to R side (&), touch L heel to L diagonal (4) |
| &5 | Step ball of L next to R (&), cross step R over L (5) |
| 6 | Step L to L side pulling R shoulder back making ½ turn R (6) [6:00] |
| 7&8 | Step R to R side (7), step L next to R (&), step R to R side (8) |

**S6: L Cross & Heel, Ball Cross, Side L, R Sailor, L Sailor**

| | |
|---|---|
| 1&2 | Cross step L over R (1), step R to R side (&), touch L heel to L diagonal (2) |
| &3,4 | Step ball of L next to R (&), cross step R over L (3), step L to L side (4) |
| 5&6 | Step R behind L (5), step L to L side (&), step R to R side (6) |
| 7&8 | Step L behind R (7), step R to R side (&), step L to L side (8) [6:00] |

**S7: R Brush-Out-Out, Heel Twists, Roll Hips With Knee Bounces**

| | |
|---|---|
| 1&2 | Brush R forward (1), small step R to R side (&), small step L to L side (2) (shoulder-width apart) |
| &3 | Twist R heel in towards L instep (&), return R heel to centre (3) |
| &4 | Twist L heel in towards R instep (&), return L heel to centre (4) |
| 5,6,7,8 | Rotate/roll hips anticlockwise for counts 5,6,7,8 gently bouncing knees at the same time ending with weight on L [6:00] |

**S8: Step Fwd R, Pivot ½ L, Step Fwd R, Twist L Heel ¼ R, Twist R heel ¼ R, L Coaster, Walk R, L**

| | |
|---|---|
| 1,2 | Step forward on R (1), make ½ turn L (weight on L) (2) [12:00] |
| 3& | Step forward on R (3), twist L heel ¼ turn to R (&) |
| 4 | On ball of R twist R heel ¼ turn R (making a total of ½ turn L, weight back on R( (4) [6:00] |
| 5&6 | Step back on L (5), step R next to L (&), step forward on L (6) |
| 7,8 | **Walk forward on R (7), walk forward on L (8) |

**STEP CHANGE: **See note below about STEP CHANGE here in WALL 4**

**Start Over**

NOTES

***BRIDGE: During WALL 2 and WALL 4 dance up to and including count 8 of section 4 (paddle turn) then ADD the following 4&-count bridge facing 6 o'clock:**

**Cross Rock, Recover, Side L, Hitch R, Step R**

| | |
|---|---|
| 1,2 | Cross rock L over R (1), recover weight on R (2) |
| 3,4& | Step L to L side (3), hitch R (4), step R next to L (&) |

**(Choreographer's note: as you hitch R during the bridge, it makes like a figure 4 to coincide with the lyric "hit the 4")**

**Then carry on with the dance as normal from section 5.**

****STEP CHANGE: During WALL 4, dance up to and including count 6 of section 8 (L coaster).**

**Replace the "Walk R, L" at counts 7-8 with 3 small steps forward stepping R, L, R with bent knees (monkey walks) for counts 7&8.**

PATTERN

**Wall 1 Full wall**

**Wall 2 Dance up to the end of S4 (paddle turn) then add the BRIDGE. Continue with the dance from S5 (cross L, side R) facing 6:00.**

**Wall 3 Full wall**

**Wall 4 Dance up to the end of S4 (paddle turn) then add the BRIDGE. Continue with the dance from S5 (cross L, side R) facing 6:00.**

**Then when you get to S8, dance up to and including count 6 (L coaster) and see STEP CHANGE note.**

**Wall 5 Start the dance from S5 (cross L, side R)**

**Wall 6 Full wall**

**ENDING: The song ends during WALL 7 (which starts facing 12:00). Dance up to and including count 2 of S2 (rock, recover).**

**Replace the shuffle ½ turn L with a triple full turn L, touch R to R side, hitch R across body as the song lyric finishes with "Hit the 4" – ta da!!**