Hit Your Stride

Count: 48 **Wall:** 2 **Level:** Intermediate Phrased

Choreographer: Joey Warren (USA), Amy Glass (USA) & Shane McKeever (IRE) - September 2025

Music: Hands Dirty - Amy McKnight & Andrew DeLong

Intro: 16 Counts, 9 secs approx.. on the lyrics "Hands"
Sequence: B AA BB AA BB AA BB

PART A: 32c
[1 – 8] Walk x2, Out Out, Ball Cross, Side Rock, Together, Big Step, ¼ Turn L with Step Together

1-2	Step R fwd (1), Step L fwd (2) 12:00
&3&4	Step R to R diagonal (&), Step L to L diagonal (3), Return R to centre on ball of the foot (&), Cross L over R (4) 12:00
5-6	Rock R to R side (5), Recover on to L (6) 12:00
&7-8	Close R next to L (&), Big step L to L side (7), Making ¼ turn L Close R next to L (8) 9:00

[9 – 16] ¼ Turn L with Side Point, ¼ Turn R Step Forward, Scissor Step with 3/8 Turn R, Box 1 & 1/8 Turn

&1-2	Making ¼ Turn L Step L to L side (&) Point R to R side (1), Making ¼ Turn R step R fwd (2) 9.00
3&4	Making ¼ Turn R step L to L side (3), Close R next to L (&) Making 1/8 Turn R step L fwd 1:30
5-6	Squaring up to front Step R to R side (5), Making ¼ L Step L to L side (6) 9:00
7-8	Making ¼ Turn L step R to R side (7), Making ½ turn L Step L fwd (8) 12:00

[17 – 24] Kick Step, Lock Step, Step Pivot ¼ Turn, Body Roll L & R

1&2&	Kick R fwd (1), Step R fwd (&), Lock L behind R (2), Step R fwd (&) 12:00
3-4	Step L fwd (3), ¼ turn R finishing with weight on R (4) 3:00
5-6	Side body roll L over 2 counts (5, 6) 3:00
7-8	Side body roll R over 2 counts (7, 8) 3:00

[25 – 32] Sailor Step L, Sailor ¼ Turn R, Step Forward, Touch Behind, Sweep, Coaster Step

1&2	Cross L behind R (1), Step R to R side (&), Step L to L side (2) 3:00
3&4	Cross R behind L (3), Step L to L side (&), Making ¼ turn R step R fwd (4) 6:00
&5-6	Step L fwd (&), Touch R behind L (5), Recover on to R sweeping L from front to back (6) 6:00

Note: Optional arms – Drop head and click both hands down by your sides

7&8	Step L back (7), Close R next to L (&), Step R fwd (8) 6:00

Part B: 16c
[&1 – 8] Ball Side Rock, Recover ¼ Turn L, Shetland Pony Step Back x2, Sailor ¼ Turn

&1-2	Close R next to L (&), Rock L to L side (1), Making ¼ turn L recover on to R (2) 9:00
3&4	Step L back with a hitchlet (small hitch) R (3), Recover on to R (&), Step L back with a hitchlet R 9:00
5&6	Step R back with a hitchlet L (3), Recover on to L (&), Step R back with a hitchlet L 9:00
7&8	Cross L behind R (7), Close R next to L (&), Making ¼ L Step L fwd (8) 6:00

[9 – 16] Skate Kick Ball Change, Hip Roll x3 with Full Turn & Clap x2

1&2	Kick R to R diagonal as you swivel L heel out (1), Close R next to L (&), Step L fwd (2) 6:00
3-4	Making ¼ turn L step R to R side rolling hip from L to R (3), Making 1/8 turn L cross L over R (4) 1:30
5-6	Making ¼ turn L step R to R side rolling hip from L to R (5), Making 1/8 turn L cross L over R (6) 9:00
7&8	Making ¼ turn L step R to R side rolling hip from L to R (7), Recover weight on to L (8)

(Clap note: 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) 6:00