



Dance: **Hit The 4**
 Type: 64 Count, 2 Wall, High Intermediate
 Choreographer: Rob Fowler (ES) & Colin Ghys (BEL), January 2026
 Choreographed to: Hit The 4 by DJTEXX (148 bpm, 3:08 min)

Intro: Start after count 16

Section 1	1/4 Hitch, Side, Hold, 3/4 Turn, Coaster Step, Step	
1,2	Hitch right making 1/4 turn left (9:00). Step right to right side	Hitch, side
3	Hold and twist upper body to look towards 12:00	Hold
4,5	Turn 1/4 left stepping left in place (6:00). Turn 1/2 left stepping right back (12:00)	Turn, turn
	<i>Non-turning steps 4-5: 1/4 Turn, Back</i>	
4,5	<i>Turn 1/4 right stepping left in place (12:00). Step right back</i>	<i>Turn, back</i>
6&7,8	Step left back. Step right beside left. Step left forward. Step right forward	Coaster step, step
Section 2	Forward Rock, 1/2 Shuffle, Step Pivot 1/4, Cross, Side, Heel-Ball Cross	
1,2@	Rock forward on left. Recover on right	Forward rock
3&4	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Half shuffle
5,6	Step right forward. Pivot 1/4 turn left (3:00)	Step, pivot
	<i>Non-turning steps Back Shuffle, Back Rock 1/4 Turn</i>	
3&4	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
5,6	<i>Rock back on right. Turn 1/4 right recovering on left (3:00)</i>	<i>Rock, turn</i>
7&	Cross right over left. Step left to left side	Cross, &
8&1	Touch right heel forward. Step ball of right beside left. Cross left over right	Heel-ball cross
Section 3	Hold, Full Spiral, Hold, Side Rock, Weave Left	
2-4	Hold. Turn full spiral right draping right foot over left. Hold	Hold, spiral, hold
	<i>Non-turning steps 3: Hold</i>	
3	<i>Hold</i>	<i>Hold</i>
5,6	Rock to side on right. Recover on left	Side rock
7&8	Cross right behind left. Step left to left side. Cross right over left	Behind, side, cross
Section 4	Side, Hold, Close, Side, Hitch, 1/4 Turn, Paddle 1/2	
1,2&3,4	Step left to left side. Hold. Step right beside left. Step left to left side. Hitch right	Side, hold, & side, hitch
5	Step right 1/4 turn right (6:00)	Turn
6	Touch left forward and paddle 1/6 turn right (8:00)	Paddle
7	Touch left forward and paddle 1/6 turn right 10:00)	Paddle
8#	Touch left forward and paddle 1/6 turn right (12:00)	Paddle
	<i>Non-turning steps 5-8: Back, Paddle 1/4</i>	
5,6	<i>Step right back. Touch left forward and paddle 1/12 turn left (2:00)</i>	<i>Back, paddle</i>
7	<i>Touch left forward and paddle 1/12 turn left (1:00)</i>	<i>Paddle</i>
8#	<i>Touch left forward and paddle 1/12 turn left (12:00)</i>	<i>Paddle</i>
Section 5	Weave Right, Side, Heel-Ball Cross, 1/2 Side, Chasse Right	
+1,2	Cross left over right. Step right to right side	Cross, side
3&	Cross left behind right. Step right to right side	Behind, &
4&5	Touch left heel forward. Step ball of left beside right. Cross right over left	Heel-ball cross
6	Step left to left side and turn 1/2 right pulling right shoulder back (6:00)	Side
7&8	Step right to right side. Step left beside right. Step right to right side	Right chasse
Section 6	Cross, Side, Heel-Ball Cross, Side, Sailor Step x 2	
1&	Cross left over right. Step right to right side	Cross, &
2&3	Touch left heel forward. Step ball of left beside right. Cross right over left	Heel-ball cross
4,5&6	Step left to left side. Cross right behind left. Step left to left side. Step right to right side	Side, sailor step
7&8	Cross left behind right. Step right to right side. Step left to left side	Sailor step
Section 7	Brush, Side x 2, Heel Twist x 4, Hip Roll	
1&2	Brush right. Step right small step to right side. Step left small step to left side	Brush, side, side
&3	Twist right heel left. Twist right heel to centre	&, twist
&4	Twist left heel right. Twist left heel to centre	&, twist
5-8	Roll hips full turn anti-clockwise gently bouncing knees at same time {5-8}	Roll

Section 8	Chase 1/2 Turn, 1/4 Heel Twist x 2, Coaster Step, Walk x 2	
1-3	Step right forward. Pivot 1/2 turn left (12:00). Step right forward	Step, pivot, step
&4	Twist left heel 1/4 turn right (9:00). Twist right heel 1/4 turn right (6:00)	Twist, twist
	<i>Non-turning steps 1-4: Forward Rock, Back, Twist x 2</i>	
1-3	<i>Rock forward on right. Recover on left. Step right back</i>	<i>Forward rock, back</i>
&4	<i>Twist heels left. Twist heels to centre</i>	<i>Twist, twist</i>
5&6##*	Step left back. Step right beside left. Step left forward	Coaster step
7,8	Walk forward stepping right, left	Walk, walk
Bridge	# Walls 2 & 4 (6:00) after 32 Counts (facing 6:00)	
	Cross Rock, Side, Hitch, Close	
1-3	Cross rock left over right. Recover on right. Step left to left side	Cross rock, side
&4	Hitch right. Step right beside left	Hitch, &
	<i>Additional styling step 4: Make a figure 4 with hitch to coincide with lyric "hit the 4"</i>	
Step Change	## Wall 4 (6:00) after 62 Counts (facing 12:00)	
	Walk x 3	
	Walk forward stepping right, left, right	<i>Walk, walk, walk</i>
7&8	<i>Additional styling steps 7&8: make small steps with bent knees</i>	
Restart	*+ Wall 4 after Step Change (restart from Count 33 facing 12:00)	
Ending	@ Wall 7 (12:00) after 10 Counts (facing 12:00)	
	Full Triple Turn, Touch, Hitch	
3&4	Turn 1/2 left stepping left forward. Turn 1/2 left stepping right back. Step left back	Full triple turn
	<i>Non-turning steps 3&4: Back shuffle</i>	
3&4	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
5,6	Touch right to right side. Hitch right	Touch, hitch
	<i>Additional styling step 6: Make a figure 4 with hitch to coincide with lyric "hit the 4"</i>	
