Hit the 4

Count: 64 **Wall:** 2 **Level:** High Intermediate
Choreographer: Rob Fowler (ES) & Colin Ghys (BEL) - January 2026
Music: 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!!