

Young and Wild

Count: 48 Wall: 4 Level: Intermediate

Choreographer: Theresa Needham

Music: Hit the ground running by Keith Urban. CD. Defying gravity. 128 BPM.

Intro: 32 count from main beat (starts on main vocals)

Alt. Eric Church. Young and wild. CD. Carolina. 130 BPM.

SIDE, BEHIND, BALL CROSS, 1/2 TURN LEFT, CROSS SHUFFLE, STEP SIDE

- 1 – 2 Step R to R side, step L behind R,
- & 3 Step R next to L, cross L over R
- 4 – 5 Making ½ turn L, step back on R, step L to L side (6-00)
- 6 & 7 Step R over L, step L to L side, step R over L
- 8 Step L to L side

SIDE, BEHIND, ½ TURN RIGHT, STEP, LEFT LOCKSTEP, FORWARD MAMBO

- 1 – 2 Step R to R side, step L behind R
- & 3 – 4 Making ½ turn R, step forward on R, step L to L side, step forward on R (12-00)
- 5 & 6 Step forward on L, lock R behind L, step forward on L
- 7 & 8 Rock forward on R, recover on L, step R beside L

FULL TURN LEFT, COASTER STEP, STEP ¼ TURN LEFT, CROSS SHUFFLE

- 1 – 2 ½ turn L stepping forward on L, ½ turn L stepping back on R *
- 3 & 4 Step back on L, step R beside L, step forward on L
- 5 – 6 Step forward on R, make ¼ turn L (9-00)
- 7 & 8 Cross R over L, step L to L side, cross R over L

* Option. Walk back, left, right

HEEL SWITCHES ¼ TURN LEFT, ROCK RECOVER, COASTER STEP

- 1 & 2 & Making 1/8 turn L dig L heel forward step L together, dig R heel forward step R together
- 3 & 4 & Making 1/8 turn L dig L heel forward step L together, dig R heel forward step R together (6-00)
- 5 – 6 Rock forward on L, recover onto R
- 7 & 8 Step back on L, step R beside L, step L forward

ROCK RECOVER, SHUFFLE ½ RIGHT, STEP PIVOT ½ RIGHT, SHUFFLE FORWARD

- 1 – 2 Rock forward on R, recover onto L
- 3 & 4 Shuffle ½ turn R (12-00)
- 5 – 6 Step forward on L, pivot ½ turn R (6-00)
- 7 & 8 Shuffle forward on L

MODIFIED RUMBA BOX WITH ¼ TURN LEFT

- 1 – 2 Step R to R side, step L next to R

3 & 4 Shuffle back,
5 – 6 Step L to L side, step R beside L
7 & 8 Shuffle $\frac{1}{4}$ turn L (3-00)