

Hit The Floor

Count: 64

Wand: 0

Ebene:

Choreograf/in: Amy Floyd & Justine Shuttleworth (AUS)

Musik: Dance With Me - Debelah Morgan



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- | | |
|-----|---|
| 1-3 | Walk forward on right-left-right |
| 4&5 | Cha-cha forward stepping left-right-left |
| 6-7 | Walk forward right-left |
| 8& | Cross/step right over left, step left to left turning $\frac{1}{4}$ right |
| | |
| 1-3 | Turning a further $\frac{1}{4}$ right step forward on right, walk forward left, forward right |
| 4&5 | Cha-cha forward stepping left-right-left |
| 6-7 | Walk forward right-left |
| 8& | Cross/step right over left, step left to left turning $\frac{1}{4}$ right |
| | |
| 1-2 | Turning a further $\frac{1}{4}$ right step forward on right, step forward on left |
| &3 | Rock ball of right to right side, replace weight onto left stepping slightly forward of center |
| 4 | Tap ball of right beside left |
| &5 | Rock ball of right to right side, replace weight onto left stepping slightly forward on center |
| 6 | Tap ball of right beside left |
| &7 | Rock ball of right to right side, replace weight onto left stepping slightly forward on center |
| 8 | Turn $\frac{1}{4}$ right leaving ball of right out in front weight back on left |
| | |
| 1-2 | Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle) |
| 3-4 | Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle) |
| 5-6 | Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle) |
| &7 | Step forward on right, pivot $\frac{1}{2}$ turn left keeping weight forward on left |
| &8 | Clap twice |
| | |
| 1&2 | Step right foot forward, scuff left heel forward, pivot on ball of right $\frac{1}{4}$ turn right to face starting wall and flick/kick left foot back |
| 3&4 | Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right |
| 5&6 | Cross/step right over left, scuff left heel forward at 45 degrees left, flick/kick left foot back at 45 degrees left |
| 7&8 | Cross/step left over right (no weight on left), clap twice |
| | |
| 1&2 | Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right |
| 3&4 | Cross/step right over left, scuff left heel forward at 45 degrees left, flick/kick left foot back at 45 degrees left |
| 5&6 | Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right |
| 7&8 | Cross/step right over left (no weight on right), clap twice |
| | |
| &1 | Push hips & knee forward, bounce weight back on left |
| &2 | Push hips & knee forward, bounce weight back on left |
| & | Step weight forward onto right foot adjusting body to face $\frac{1}{4}$ left |
| 3-6 | Walk around in a full circle stepping left-right-left-right |

7-8	Big cross/step left over right, hold
1&2	Step right to right, cross/step left over right, step right to right
3&4	Step left to left, cross/step right over left, step left to left
5&6	Step right to right, cross/step left over right, step right to right
7-8	Full turn over left shoulder to left stepping left-right
&	Turning a further $\frac{1}{4}$ turn left step forward onto left

REPEAT
