

Hit The Floor

拍数: 64 墙数: 0 级数:
编舞者: Amy Floyd & Justine Shuttleworth (AUS)
音乐: Dance With Me - Debelah Morgan



- 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
