

Hip on The Floor

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karen Hadley (UK) - May 2011
音樂: On the Floor - Jennifer Lopez



Alt Music: "On The Floor (CCW Radio Edit)" by Jennifer Lopez Ft. Pitbull (64 count intro)

Note:- This dance has been choreographed to give Beginners a split floor option to any of the dances choreographed to the various versions of this song, for this reason I haven't included any tags or restarts, so dance across the phrasing!

48 count intro

Two Walks Forward (RIGHT, LEFT). Right Shuffle Forward. Left Forward Rock. Left Back-Lock-Step.

- 1 – 2 Walk forward:- Right, Left.
- 3 & 4 Right shuffle forward, stepping:- Right, Left, Right.
- 5 – 6 Rock forward on Right, rock back on Left in place.
- 7 & 8 Step back on Left, lock Right across Left, step back on Left.

Right Side Rock-Recover (Sways). Chasse Right. Left Cross Rock. Chasse Left.

- 1 – 2 Rock Right to Right side swaying hips to Right, rock on Left in place swaying hips to Left.
- 3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side.
- 5 - 6 Cross rock Left over Right, rock on Right in place.
- 7 & 8 Step Left to Left side, step Right beside Left, step Left to Left side.

Right Cross. Back. Together. Step Left. Right Rocking Chair.

- 1 - 4 Cross step Right over Left, step back on Left pushing hips back, step Right beside Left, step forward on Left.
- 5 - 8 Rocking forward on Right, rock back on Left in place, rock back on Right, rock forward on Left in place.

Step Pivot ¼ Turn Left x 3. Jazz Jump Forward. Clap.

- 1 – 2 Step forward on Right, pivot ¼ turn Left (weight on Left).
- 3 – 6 Repeat steps 1 – 2 two more times.
- &7 - 8 Step forward on Right, step forward on Left (feet slightly apart), hold & clap.

Begin Again & Enjoy!
