

# Four On The Floor

Count: 32

Wand: 4

Ebene:

Choreograf/in: Peter Metelnick (UK)

Musik: 455 Rocket - Kathy Mattea



## **FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, RIGHT TOE STEP BACK, LEFT COASTER STEP**

- 1&2 Step right foot forward, step left foot together, step right foot forward  
3-4 Step left foot forward, pivot ½ right with weight remaining on left foot  
5-6 Touch right toes back, step right foot down  
7&8 Step left foot back, step right foot together, step left foot forward

## **RIGHT FORWARD, LEFT SIDE TOUCH, LEFT CROSS OVER AND FORWARD, RIGHT SIDE TOUCH, RIGHT ROCK FORWARD & BACK**

- 1-2 Step right foot forward, touch left toes to left side  
**Optional: step right foot forward, kick left foot to left side**  
3-4 Cross left foot in front of right foot and step, touch right toes to right side  
**Optional: cross left foot in front of right and step, kick right foot to right side)**

- 5-6 Step right foot forward and rock forward, rock back and recover weight on left foot  
**Optional step right foot forward, pivot ½ left**  
7-8 Step right foot back and rock back, rock forward and recover weight on left foot  
**Optional: step foot forward, pivot ½ left**

## **RIGHT HEEL & HOOK, MEXICAN HAT DANCE, RIGHT TOPE TOUCHES FORWARD & SIDE, SAILOR SHUFFLE**

- 1-2 Touch right heel forward, hook right foot across left shin  
3&4 Touch right heel forward, step right foot together, touch left heel forward  
& Step left foot together  
5-6 Touch right toes front, touch right toes to right side  
7&8 Cross right foot behind left and step, step left foot to left side, step right foot in place  
**You can substitute 2 backward shuffles in place of the sailor shuffles for beginners**

## **SAILOR SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**

- 1&2 Cross left foot behind right and step, step right foot to right side, step left foot in place  
3-4 Step right foot back and rock back, rock forward and recover weight on left foot  
**Optional: step right foot back ad kick left foot forward, recover weight on left foot**

- 5&6 Kick right foot forward, step right together on ball of right foot, step left foot together  
7-8 Step right foot forward ¼ left pivot turn with weight ending on left foot  
**Optional: step right foot forward turning ¼ left, pivot a full turn left - so you end up doing a 1-¼ turn left - for those who like to spin**

**REPEAT**