Take It To The Floor!



Count: 32 Wand: 2 Ebene: Intermediate

Choreograf/in: Sophia van Hees (NL) - April 2008

Musik: Take It To the Floor - B2K: (Soundtrack You got)



(1-8) Cross, step, cross, down, up, step, cross, unwind

1	RF cross behind LF
&	LF step next to RF
2	RF cross in front of LF

- 3 LF step to side, go through knees, knip with Right.hand to floor
- 4 Straight your knees5 LF step forward
- 6 RF touch crossed behind LF
- & ½ turn right, RF step forward (6.00)
- 7 LF touch crossed behind RF
- 8 Full turn left. Ending weight on RF (6.00)

(9-16) Runningman kicks, slide, diagonally steps with bended knees

- 1 RF jump diagonally rightback, while kicking LF diagonally left forward with heel
- & Step on LF
- 2 LF jump diagonally leftback, while kicking RF diagonally right forward with heel
- & Step on RF
- 3 ½ turn right, LF slide to left side (9.00)
- 4 RF touch next to LF
- 5 1/8 turn right, (1.30) RF step to right side *
- & 1/8 turn left (back to 9.00), LF touch next to RF *
- 6 1/8 turn left, (10.30) LF step to left side *
- & 1/8 turn right (back to 9.00), RF touch next to LF *
- 7 1/8 turn right, (1.30) RF step to right side *
- & LF touch next to RF *
- 8 RF step to right side (still on 1.30) *
- & 1/8 turn left (back to 9.00), LF touch next to RF *

(17-24) Step with bodyroll, step with shake body, press steps with upperbody movement

- 1 LF step to left side, same time make bodyroll from lowerbody to upperbody
- 2 RF touch next to LF
- 3& LF step to left side, shake uppperbody
- 4 RF touch next to LF
- 5 RF press step to right side
- & Push shoulders back
- 6 Push shoulders forward
- & RF step next to LF, shoulders back in middle
- 7 LF press step to left side
- & Push shoulders back
- 8 Push shoulders forward

(25-32) Cross, step, step, turn, armroll, step out, out

- 1 LF cross behind RF
- & ¼ turn right, RF step forward (12.00)
- 2 LF step forward

^{*} During count 5 till 8: go through your knees, keep them bended. Turn knees out on full counts, turn knees back on the "&-counts"

3	½ turn left, RF step backwards (6.00)
&	½ turn left, LF step next to RF
4	1/4 turn left, RF step to right side (9.00)
5-6	Armroll begin with righthand, ending with lefthand. Ending with $\frac{1}{4}$ turn left, weight on LF (6.00)
7	RF step to right side, left arm push elbow to left. Arm in front off body
8	LF step to left side, right arm push elbow to right. Arm in front off body

END OF DANCE!!! RESTART