

# Hit The Floor Easy

**COPPER KNOB**  
BY SHEETS

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Witchy Woman - June 2014

Musik: Hit The Ground - Kique Santiago



**Intro: 32 counts**

**Forward, forward, sway r,l,r, back, back, sway l,r,l**

1-2 Step forward R,L  
3&4 Sway R,L,R  
5-6 Step back L,R  
7&8 Sway L,R,L

**Cross rock, recover, turn 1/4 right and triple forward, left mambo, shimmy shimmy.**

1-2 Cross right over left, recover to left  
3&4 Turn 1/4 right, step forward right, step left next to right, step forward right  
5-6-7 Rock forward on left, recover to right, step back on left  
&8 Shimmy, shimmy

**Cross rock, recover, turn 1/4 right and triple forward, step together with left, twist x3 to left side**

1-2 Cross right over left, recover to left  
3&4 Turn 1/4 right, step forward right, step left next to right, step forward right  
5 Step together with left foot  
6-7-8 Swivel both heels to L side, swivel toes to L side, swivel heels to L side

**X2 Kick ball cross, Bump Hip R, Hold, Bump Hip L, Hold**

1&2 Kick Right foot to the right diagonal, step the ball of R next to L, cross L over R  
3&4 Kick Right foot to the right diagonal, step the ball of R next to L, cross L over R  
5-6 Roll/bump right hip to right, hold  
7-8 Roll/bump left hip to left hold

**Begin again and enjoy! ☐**

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