

# Hit The Floor

Compte: 64

Mur: 0

Niveau:

Chorégraphe: Amy Floyd & Justine Shuttleworth (AUS)

Musique: Dance With Me - Debelah Morgan



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- 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**

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