

On The Floor

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Nathan Gardiner (SCO) - April 2015
音乐: On the Floor (feat. Pitbull) (Radio Edit) - Jennifer Lopez



Intro: 56 counts start after Jennifer sings Ha Ha Ha

Note: This dance has been choreographed to the Radio Edit

I have written a 40 count dance but decided to do a 80 count to this music.

S1: OUT, OUT, SAILOR HEEL, BALL CROSS, HOLD, BALL CROSS, BALL CROSS

1-2 Step right to right side, Step left to left side
3&4 Step right behind left, Step left to left side, Touch right heel to right diagonal
&5-6 Step ball of right next to left, Cross step left over right, HOLD
&7&8 Step ball of right next to left, Cross step left over right, Step ball of right next to left, Cross step left over right

S2: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SAILOR 1/4 LEFT

1-2 Rock out to right side, Recover on left
3&4 Step right behind left, Step left to left side, Cross step right over left
5-6 Rock out to left side, Recover on right
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

S3: TURN 1/4 LEFT, CROSS, TURN 1/4 RIGHT, 1/4 RIGHT WITH SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER

1-2 Step forward on right, Turn 1/4 left
3-4 Cross step right over left, Turn 1/4 right stepping back on left
5-6& Turn 1/4 right rocking out to right side, Recover on left, Step right next to left
7-8& Rock out to left side, Recover on right, Step left next to right

S4: SIDE ROCK, RECOVER, SAILOR STEP, ROCK FORWARD, RECOVER, 1/2 TURN LEFT, TOUCH

1-2 Rock out to right side, Recover on left
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Rock forward on on left, Recover on right
7-8 Turn 1/2 left stepping forward on left, Touch right next to left

S5: CHASSE RIGHT, ROCK BACK, RECOVER, 1/4 LEFT, 1/2 LEFT, 1/4 LEFT, TOUCH

1&2 Step right to right side, Step left to left side, Step right to right side
3-4 Rock back on left (or cross rock left over right), Recover on right
5-6 Turn 1/4 left stepping stepping forward on left, Turn 1/2 left stepping back on right
7-8 Turn 1/4 left stepping left to left side, Touch right next to left

S6: OUT, OUT, BALL STEP, STEP FORWARD, ROCK FORWARD, RECOVER, 1/2 SHUFFLE LEFT

1-2 Step right to right side, Step left to left side
&3-4 Step right in, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7&8 1/2 Turn shuffle left stepping Left, Right, Left

S7: FULL TURN LEFT, ROCK FORWARD, RECOVER, SLIDE BACK WITH KNEE POPS, ROCK BACK, RECOVER

1-2 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left
3-4 Rock forward on right, Recover on left
5-6 Slide back on right popping left knee forward, Slide back on left popping right knee forward

7-8 Rock back on right, Recover on left

S8: TURN 1/4 LEFT, CROSS, POINT, CROSS, POINT, 1/2 RIGHT, POINT

1-2 Step forward on right, Turn 1/2 left

3-4 Cross step right over left, Point left toes out to left side

5-6 Cross step left over right, Point right toes to right side

7-8 Turn 1/4 right stepping forward on right, Turn 1/4 right pointing left toes out to left side

S9: CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER

1-2 Cross step left over right, Step right to right side

3&4 Step left behind right, Step right to right side, Cross step left over right

5-6& Rock out to right side, Recover on left, Step right next to left

7-8 Rock out to left side, Recover on right

S10: SAILOR 1/4 LEFT, TURN 1/2 LEFT, ROCKING CHAIR

1&2 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

3-4 Step forward on right, Turn 1/2 left

5-6 Rock forward on right, Recover on left

7-8 Rock back on right, Recover on left

Restarts: On walls 3 & 6 dance up to count 32 then restart the dance

Hope You Enjoy.....Happy Dancing

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