

# Hit Da Floor

拍数: 48      墙数: 3      级数: Advanced  
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音乐: Bringin' Da Noise - \*NSYNC



Sequence: AA, TAG, AA, TAG, etc.

## PART A

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

&1-2      Step left foot to left side, cross right foot over left, step left foot to left side  
&3-4      Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward  
5&6      Step back right, left together, right forward (coaster step)  
7-8      Turn head ¼ turn left, turn body ¼ turn left

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

&1-2      Step left foot to left side, cross right foot over left, step left foot to left side  
&3-4      Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward  
5&6      Step back right, left together, right forward (coaster step)  
7-8      Turn head ¼ turn left, turn body ¼ turn left

### WEAVE LEFT, ¼ TURN, COASTER STEP

1-2      Cross right foot over left, step left foot to left side  
3-4      Cross right foot behind left, step left foot to left side  
5-6      Cross right foot over left, step back on left, making a ¼ turn right  
7&8      Step back right, left together, right forward (coaster step)

### WALK FORWARD, MAMBO LEFT, MAMBO RIGHT

1-2-3-4      Walk forward left, right, left, right  
5&6      Mambo left foot to left side (push both hands to right), recover weight to right foot  
7&8      Mambo right foot to right side, (push both hands to left), recover weight to left foot

*While doing the walks, put both arms in the air, point both hands left, point both hands right, cross both hands over the chest, drop both hand to your side*

### MONTEREY ½ TURN, ROCK & CROSS, MONTEREY ½ TURN, ROCK & CROSS

1-2      Touch left foot to left side, make a ½ turn right, touching left toe out  
3&4      Make a ½ turn right, touching left toe out, cross left foot over right  
5-6      Touch right foot to right side, make a ½ turn left, touching right toe out  
7&8      Make a ½ turn left, touching right toe out, cross right foot over left

### CHASSIS LEFT, HITCH & CROSS, KICK, KICK, HITCH & JUMP

1&2&      Step left foot to left, bring right foot next to left, step left foot to left side, bring right foot next to left  
3&4      Touch left foot out to left, hitch left knee, cross left foot over right  
5-6      Kick right foot down to right side twice (start your bike!)  
7-8      Hitch right foot behind left knee as you bend left knee slightly, jump both feet out

*When you do the final count (jump feet out) at the end of wall 2, drop your head onto chest ready for the tag*

## REPEAT

## TAG

### HEAD UP, SLAP THIGHS, CROSS HANDS, JUMP CROSS, JUMP TOGETHER

1-2      Flick head up, slap thighs with both hands

- &3 Cross hand in front, slap thighs with both hands
- &4 Cross hands over chest, bring hands down to sides
- 5-6 Lift and lean shoulders to the left, then to the right
- 7&8 Jump feet in crossing right over left, jump both feet out, jump both feet in place

**PIVOT ½ TURN RIGHT, STEP FORWARD LEFT, RIGHT, HANDS FORWARD LEFT, RIGHT, JUMP TOGETHER**

- 1-2 Step forward on left foot, pivot ½ turn right
  - 3-4 Step forward on left foot, step forward on right foot (feet shoulder width apart)
  - 5-6 Push left hand forward, push right hand forward (palms down)
  - 7-8 Put both hands behind head, jump (feet together)
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