

The Floor

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Mikael Mölsä (FIN)
音乐: The Floor - Johnny Gill



When danced to Johnny Gill's "The Floor" the dance has an abrupt start. Start after the fast-beating bass becomes stable, about 0:24. Alternatively, you can start 64 counts later at about 0:58

STEP, STEP, TWIST ½ TURN, COASTER STEP, SHUFFLE FORWARD

1-2 Step forward on right, step forward on left
3&4 Twist heels left-right-left while turning ½ to right
5&6 Step back on right, step left next to right, step right forward
7&8 Shuffle forward left-right-left

ROCK STEP, SHUFFLE RIGHT, CROSS & SNAP, UNWIND FULL TURN

1-2 Rock right over left, recover on left
3&4 Shuffle to the right
&5-6 Step left tightly behind right and snap fingers, hold
7-8 Unwind a full turn on counts 7-8

Option: do a slide to the right on counts 3-4

ROCK STEP, ½ RIGHT TURNING SHUFFLE, BEHIND, SIDE, WEAVE

1-2 Rock right forward, recover on left
3&4 Turn ¼ to right while stepping right to side, step left next to right, turn ¼ to right while stepping right forward
5-6 Step left behind right, step right to side
7&8 Step left over right, step right to side, touch left behind right (and strike a pose!)

HEEL JACK, HOLD, STEP OVER, SIDE, COASTER STEP

1-2 Step left to side, step right behind left
&3-4 Step back on left, touch right heel forward, hold
&5-6 Step right next to left, step left over right, step right to side
7&8 Step left back, step right next to left, step left forward

SLIDE, HIP BUMPS, SLIDE, HIP BUMPS

1-2 Take a big diagonal step forward on right, slide left next to right (right side leading, body facing at 10:00)
3&4 Bump hips right-left-right
5-6 Take a big diagonal step forward on left, slide right next to left (left side leading, body facing 2:00)
7&8 Bump hips left-right-left arm movements: spread your arms to the side when you do the slides

PUSH, COASTER STEP, KICK-OUT-OUT, HIP BUMPS

1-2 Take a big step back with right, slide left next to right
3&4 Step left back, step right next to left, step left forward
5&6 Kick right forward, step right out to side, step left out to side

Option: replace counts 5&6 with just steps to the sides (right to right side, left to left side -counting going then 5-6).

7&8 Bump your hips left-right-left (weight ends on left)

Arm movements: on the push back (counts 1-2) use your hands like you are pushing away from something

ROBOTIC ¼ PIVOT TURNS

- 1-2 Step right forward, hold
- 3-4 Turn ¼ to left, hold
- 5-6 Step right forward, hold
- 7-8 Turn ¼ to left, hold

Arm movements: hands bent, robot-like arm movements

STEP, SAILOR STEPS, ½ RIGHT PIVOT TURN, ¼ TURN TO RIGHT

- 1 Step right forward
- 2&3 Step left behind right, step right next to left, step left to side
- 4&5 Step right behind left, step left next to right, step right to side
- 6-7 Step left forward, turn ½ to right
- 8 Turn ¼ to right while stepping left to side

REPEAT

RESTART

On wall 4 skip the last set of 8's (sailor step-section) and start from beginning after the robot ¼ turns. This is only necessary when you dance it to Johnny Gill's "The Floor"

ENDING

The dance ends on the wall 9. On this wall the music seems to stop. Keep going on! The beat kicks in again after the unwind. There is one count right after the hip bumps (6th set of 8's). Strike a pose!
