

On The Floor

拍数: 72 墙数: 2 级数: Improver
编舞者: Shaz Walton (UK) - March 2011
音乐: On the Floor (feat. Pitbull) - Jennifer Lopez



Count in: 88 counts – 37 seconds (quite a long intro... so improvise)

Back Rock. Recover. Forward. Kick. Forward Rock. Recover. Step Back. Kick.

1-2 Rock back on right. Recover on left.
3-4 Step forward right. Kick left.
5-6 Rock forward on left. Recover on right.
7-8 Step back on left. Kick right forward. (12.00)

Slow Coaster Step. Kick. Shuffle Forward. Step ¼ Pivot.

1-2 Step back on right. Step back left.
3-4 Step forward right. Kick left forward.
5&6 Step left forward. Step right beside left. step left forward.
7-8 Step forward right. Make ¼ left (weight left) (9.00)

Cross. Side. Behind. Side. Cross Rock. Recover. ¼. ¼.

1-2 Cross step right over left. Step left to left side.
3-4 Cross step right behind left. Step left to left side.
5-6 Cross rock right over left. Recover on left.
7-8 Make ¼ right stepping right forward. Make ¼ right stepping left to left side. (3.00)

Behind. Side. Cross. Side. Behind. Side. Cross Rock. Recover.

1-2 Cross step right behind left. Step left to left side.
3-4 Cross step right over left. Step left to left side.
5-6 Cross step right behind left. Step left to left side.
7-8 Cross rock right over left. Recover on left. (3.00)

Shuffle ¼. Walk. Walk. Shuffle ¼. Stomp Out. Stomp Out.

1&2 Step right ¼ right. Step left beside right. Step right forward.
3-4 Walk forward left. Walk forward right.
5&6 Make a shuffle ¼ right stepping left, right, left.
7-8 Stomp right to right. Stomp left to left, (9.00)

Hip Bumps Right. Hip Bumps Left. Hips Right, Left, Right, Left.

1&2 Bump right hip to right, bump left hip to left. bump right hip to right.
3&4 Bump left hip to left. Bump right hip to right. Bump left hip to left.
5-6 Bump right hip to right. Bump left hip to left.
7-8 Bump right hip to right. Bump left hip to left. (Wave your arms on the La la la's!! – have fun!!)
(9.00)

Back Rock. Recover. Kick. Big Side. Drag. Back Rock. Recover. Kick ¼ Forward.

1-2 Rock back on right. Recover on left.
3-4 Kick right to right diagonal. Make a big step right with right as you drag left to right foot.
5-6 Rock back on left. Recover on right.
7-8 Kick left to left diagonal. Step left down making ¼ left (6.00)

Step ½ Pivot. Step. Lock. Step. Scuff. Step. Scuff.

1-2 Step forward right. Make ½ turn left.
3-4 Step forward right. Lock left behind right.

5-6 Step forward right. Scuff left forward.
7-8 Step forward left. Scuff right forward. (12.00)

Cross. Back. Side. Cross. Point. ½ Right. Point. Step.

1-2 Cross step right over left. Step back left.
3-4 Step right to right side. Cross step left over right.
5-6 Point right to right side. Make ½ turn right stepping right beside left.
7-8 Point left to left side. Step left beside right. (6.00)

The tags are VERY easy... (no new steps, just the beginning of the dance)

TAG 1: AFTER wall 1 facing 6.00 – dance the first 8 counts of the dance.

Restart the dance again from the beginning.

TAG 2: AFTER wall 2 facing 12.00- dance the first 16 counts of the dance replacing the ¼ pivot turn with 2 stomps Right - Left.

Restart the dance again from the beginning.

TAG 3: AFTER wall 3 facing 6.00 – dance the first 8 counts of the dance.

Restart the dance again from the beginning.

Finish the dance after the rock back kick big side, Section 7. With a ½ pivot turn to face the front DA DA!!

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