

Inception

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK) - March 2011
音乐: On the Floor (feat. Pitbull) (Radio Edit) - Jennifer Lopez : (CD Single - On The Floor)



Please note there are various mixes of this music. This dance was choreographed to the 'Radio Edit'
Intro: 48 counts from first beat of music - 16 counts from start of heavy beat after JLO sings 'in the club..ha..ha..ha'

Dance rotates in CW direction

Diagonal side. Together. Chasse x 2

- 1 – 2 Facing Left diagonal (10.30) step Right diagonally forward Right (towards 1.30). Step Left beside Right
- 3&4 Still facing Left diagonal Step Right diagonally forward Right. Step Left beside Right. Step Diagonally forward Right
- 5 – 6 Turning to face Right diagonal (1.30) step Left diagonally forward Left (towards 10.30). Step Right beside Left
- 7&8 Still facing Right diagonal step Left diagonally forward Left (towards 10.30). Step Right beside Left. Step Left diagonally forward Left

(Note: Push hips forward and back with each step during the above 8 counts)

Right rocking chair. Step. Pivot quarter turn Left. Cross shuffle

- 1 – 2 Straightening up to face 12 o'clock, rock forward on Right. Recover onto Left
- 3 – 4 Rock back on Right. Recover onto Left
- 5 – 6 Step forward on Right. Pivot quarter turn Left (Facing 9 o'clock)
- 7&8 Cross Right over Left. Step Left to Left side. Cross Right over Left

Side Left. Hold. Together. Chasse Left. Back rock. Point. Quarter turn Right. Point

- 1 – 2 Step Left to Left side. Hold/clap
- &3&4 Step Right beside Left. Step Left to Left side. Step Right beside Left. Step Left to Left side
- 5 – 6 Rock back on Right. Recover onto Left
- 7&8 Point Right toe to Right side. Quarter turn Right stepping Right beside Left. Point Left to Left side (Facing 12 o'clock)

Cross. Side. Behind-together-heel. Together. Cross. Back. Back. Drag

- 1 – 2 Cross Left over Right. Step Right to Right side
- 3&4 Cross Left behind Right. Step Right in place. Touch Left heel diagonally forward
- &5 – 6 Step Left beside Right. Cross Right over Left. Step back on Left
- 7 – 8& Step back on Right. Drag Left towards Right. Step Left beside Right

*Restart at this point during walls 5 and 10 (Facing 12 o'clock both times)

Step. Touch. Left kick-ball-step. Forward rock. Triple three quarter turn Left

- 1 – 2 Long step forward on Right. Touch Left beside Right
- 3&4 Kick Left forward. Step Left beside Right. Step forward on Right
- 5 – 6 Rock forward on Left. Recover onto Right
- 7&8 Triple three quarter turn Left stepping Left. Right. Left (Facing 3 o'clock)

Start again