

# Hip on The Floor

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Karen Hadley (UK) - May 2011  
音乐: On the Floor - Jennifer Lopez



Alt Music: "On The Floor (CCW Radio Edit)" by Jennifer Lopez Ft. Pitbull (64 count intro)

Note:- This dance has been choreographed to give Beginners a split floor option to any of the dances choreographed to the various versions of this song, for this reason I haven't included any tags or restarts, so dance across the phrasing!

48 count intro

**Two Walks Forward (RIGHT, LEFT). Right Shuffle Forward. Left Forward Rock. Left Back-Lock-Step.**

- 1 – 2      Walk forward:- Right, Left.
- 3 & 4      Right shuffle forward, stepping:- Right, Left, Right.
- 5 – 6      Rock forward on Right, rock back on Left in place.
- 7 & 8      Step back on Left, lock Right across Left, step back on Left.

**Right Side Rock-Recover (Sways). Chasse Right. Left Cross Rock. Chasse Left.**

- 1 – 2      Rock Right to Right side swaying hips to Right, rock on Left in place swaying hips to Left.
- 3 & 4      Step Right to Right side, step Left beside Right, step Right to Right side.
- 5 - 6      Cross rock Left over Right, rock on Right in place.
- 7 & 8      Step Left to Left side, step Right beside Left, step Left to Left side.

**Right Cross. Back. Together. Step Left. Right Rocking Chair.**

- 1 - 4      Cross step Right over Left, step back on Left pushing hips back, step Right beside Left, step forward on Left.
- 5 - 8      Rocking forward on Right, rock back on Left in place, rock back on Right, rock forward on Left in place.

**Step Pivot ¼ Turn Left x 3. Jazz Jump Forward. Clap.**

- 1 – 2      Step forward on Right, pivot ¼ turn Left (weight on Left).
- 3 – 6      Repeat steps 1 – 2 two more times.
- &7 - 8      Step forward on Right, step forward on Left (feet slightly apart), hold & clap.

**Begin Again & Enjoy!**

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