

Hit The Floor Easy

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Witchy Woman - June 2014
音乐: Hit The Ground - Kique Santiago



Intro: 32 counts

Forward, forward, sway r,l,r, back, back, sway l,r,l

1-2 Step forward R,L
3&4 Sway R,L,R
5-6 Step back L,R
7&8 Sway L,R,L

Cross rock, recover, turn 1/4 right and triple forward, left mambo, shimmy shimmy.

1-2 Cross right over left, recover to left
3&4 Turn 1/4 right, step forward right, step left next to right, step forward right
5-6-7 Rock forward on left, recover to right, step back on left
&8 Shimmy, shimmy

Cross rock, recover, turn 1/4 right and triple forward, step together with left, twist x3 to left side

1-2 Cross right over left, recover to left
3&4 Turn 1/4 right, step forward right, step left next to right, step forward right
5 Step together with left foot
6-7-8 Swivel both heels to L side, swivel toes to L side, swivel heels to L side

X2 Kick ball cross, Bump Hip R, Hold, Bump Hip L, Hold

1&2 Kick Right foot to the right diagonal, step the ball of R next to L, cross L over R
3&4 Kick Right foot to the right diagonal, step the ball of R next to L, cross L over R
5-6 Roll/bump right hip to right, hold
7-8 Roll/bump left hip to left hold

Begin again and enjoy! □

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