

More

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Carol Mckee (AUS)
音樂: The Floor (Video Edit) - Johnny Gill



Start dance with count in of 5-6-7-8 after Johnny sings "here we go"

8 STEP BACK, WALK FORWARD, SHUFFLE FORWARD, STOMP, BEHIND SIDE CROSS

- &1-2-3&4 Step back on right toe, walk forward left, right, shuffle forward left, right, left
5-6 Stomp right forward 45 degrees right bending right knee at same time and lifting left heel, rock back on left heel
7&8 Step right behind left, step left to left (now facing front), cross right over left

STOMP, BEHIND SIDE CROSS, HEEL TOUCHES

- 1-2 Stomp left forward 45 degrees left bending left knee at same time and lifting right heel, rock back on right heel
3&4 Step left behind right, step right to right (now facing front), cross left over right
5&6 Turning $\frac{1}{4}$ turn right, touch right heel forward, step right next to left, touch left heel forward
&7-8 Step back on left, touch right heel forward twice

HEEL TOUCHES, STEP BACK, FORWARD, FORWARD, ROCK BACK

- &1&2 Turning $\frac{1}{4}$ turn right, step back right, touch left heel forward, step left next to right, touch right heel forward
&3-4 Step back on right, touch left heel forward twice
&5-6 Step left next to right, step back on right, step forward on left
7-8 Step forward on right, rock back on left

TURN, TURN, TURN, FORWARD BACK, COASTER STEP

- 1-2-3 Turning $\frac{1}{2}$ turn right, step forward on right, turning $\frac{1}{2}$ turn right, step back on left, turning $\frac{1}{2}$ turn right, step forward right
&4 Step left next to right, step right forward
5-6-7&8 Step forward on left, rock back on right, step back on left, step right next to left, step left forward

STOMP, STOMP, TOES IN, HEELS IN, SWAY HIPS

- 1-2 Stomp right to right, stomp left to left
3-4 Turn toes inwards, turn heels in to straighten feet (now facing forward)
5 Sway right hip to right lifting left heel at same time
6 Sway left hip to left dropping left heel and lifting right heel at same time
7 Sway right hip to right lifting left heel and dropping right heel at same time
& Sway left hip to left lifting right heel and dropping left heel at same time
8 Sway right hip to right dropping right heel and lifting left heel at same time

STEP TURN, STEP, STEP, PIVOT TURN, SHUFFLE, STEP ROCK, SHUFFLE

- &1-2 Step left next to right, turning $\frac{1}{4}$ turn right, step right forward, step left forward, pivot turn $\frac{1}{2}$ turn right (weight left)
3&4 Shuffle forward right, left, right
5-6 Step forward on left, rock back on right
7&8 Shuffle back left, right, left

REPEAT

Music slows near the end - just dance right through it

Optional hand movements:

When stomping forward 45 degrees right - extend arms out over right knee waist high

When stomping forward 45 degrees left - extend arms out over left knee waist high

When turning toes in - turn elbows out

When turning heels in - turn elbows in

When swaying hips right, slide right arm to side of right knee, slide left arm up to left waist

When swaying hips left, slide left arm to side of left knee, slide right arm up to right waist
