

Hit Da Floor

拍數: 48 牆數: 3 級數: Advanced
編舞者: Rob Fowler (ES) & Paul McAdam (UK) - September 2003
音樂: Bringin' Da Noise - *NSYNC



Sequence: AA, TAG, AA, TAG, etc.

PART A

AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

&1-2 Step left foot to left side, cross right foot over left, step left foot to left side
&3-4 Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward
5&6 Step back right, left together, right forward (coaster step)
7-8 Turn head ¼ turn left, turn body ¼ turn left

AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

&1-2 Step left foot to left side, cross right foot over left, step left foot to left side
&3-4 Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward
5&6 Step back right, left together, right forward (coaster step)
7-8 Turn head ¼ turn left, turn body ¼ turn left

WEAVE LEFT, ¼ TURN, COASTER STEP

1-2 Cross right foot over left, step left foot to left side
3-4 Cross right foot behind left, step left foot to left side
5-6 Cross right foot over left, step back on left, making a ¼ turn right
7&8 Step back right, left together, right forward (coaster step)

WALK FORWARD, MAMBO LEFT, MAMBO RIGHT

1-2-3-4 Walk forward left, right, left, right
5&6 Mambo left foot to left side (push both hands to right), recover weight to right foot
7&8 Mambo right foot to right side, (push both hands to left), recover weight to left foot

While doing the walks, put both arms in the air, point both hands left, point both hands right, cross both hands over the chest, drop both hand to your side

MONTEREY ½ TURN, ROCK & CROSS, MONTEREY ½ TURN, ROCK & CROSS

1-2 Touch left foot to left side, make a ½ turn right, touching left toe out
3&4 Make a ½ turn right, touching left toe out, cross left foot over right
5-6 Touch right foot to right side, make a ½ turn left, touching right toe out
7&8 Make a ½ turn left, touching right toe out, cross right foot over left

CHASSIS LEFT, HITCH & CROSS, KICK, KICK, HITCH & JUMP

1&2& Step left foot to left, bring right foot next to left, step left foot to left side, bring right foot next to left
3&4 Touch left foot out to left, hitch left knee, cross left foot over right
5-6 Kick right foot down to right side twice (start your bike!)
7-8 Hitch right foot behind left knee as you bend left knee slightly, jump both feet out

When you do the final count (jump feet out) at the end of wall 2, drop your head onto chest ready for the tag

REPEAT

TAG

HEAD UP, SLAP THIGHS, CROSS HANDS, JUMP CROSS, JUMP TOGETHER

1-2 Flick head up, slap thighs with both hands

- &3 Cross hand in front, slap thighs with both hands
- &4 Cross hands over chest, bring hands down to sides
- 5-6 Lift and lean shoulders to the left, then to the right
- 7&8 Jump feet in crossing right over left, jump both feet out, jump both feet in place

PIVOT ½ TURN RIGHT, STEP FORWARD LEFT, RIGHT, HANDS FORWARD LEFT, RIGHT, JUMP TOGETHER

- 1-2 Step forward on left foot, pivot ½ turn right
 - 3-4 Step forward on left foot, step forward on right foot (feet shoulder width apart)
 - 5-6 Push left hand forward, push right hand forward (palms down)
 - 7-8 Put both hands behind head, jump (feet together)
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