

# Hit The Floor

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數:  
編舞者: Amy Floyd & Justine Shuttleworth (AUS)  
音樂: Dance With Me - Debelah Morgan



- 1-3      Walk forward on right-left-right  
4&5      Cha-cha forward stepping left-right-left  
6-7      Walk forward right-left  
8&      Cross/step right over left, step left to left turning  $\frac{1}{4}$  right
- 1-3      Turning a further  $\frac{1}{4}$  right step forward on right, walk forward left, forward right  
4&5      Cha-cha forward stepping left-right-left  
6-7      Walk forward right-left  
8&      Cross/step right over left, step left to left turning  $\frac{1}{4}$  right
- 1-2      Turning a further  $\frac{1}{4}$  right step forward on right, step forward on left  
&3      Rock ball of right to right side, replace weight onto left stepping slightly forward of center  
4      Tap ball of right beside left  
&5      Rock ball of right to right side, replace weight onto left stepping slightly forward on center  
6      Tap ball of right beside left  
&7      Rock ball of right to right side, replace weight onto left stepping slightly forward on center  
8      Turn  $\frac{1}{4}$  right leaving ball of right out in front weight back on left
- 1-2      Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle)  
3-4      Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle)  
5-6      Step forward on right pushing hips back & around to right, lock left behind right pushing hips forward & around to left, (hip circle)  
&7      Step forward on right, pivot  $\frac{1}{2}$  turn left keeping weight forward on left  
&8      Clap twice
- 1&2      Step right foot forward, scuff left heel forward, pivot on ball of right  $\frac{1}{4}$  turn right to face starting wall and flick/kick left foot back  
3&4      Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right  
5&6      Cross/step right over left, scuff left heel forward at 45 degrees left, flick/kick left foot back at 45 degrees left  
7&8      Cross/step left over right (no weight on left), clap twice
- 1&2      Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right  
3&4      Cross/step right over left, scuff left heel forward at 45 degrees left, flick/kick left foot back at 45 degrees left  
5&6      Cross/step left over right, scuff right heel forward at 45 degrees right, flick/kick right foot back at 45 degrees right  
7&8      Cross/step right over left (no weight on right), clap twice
- &1      Push hips & knee forward, bounce weight back on left  
&2      Push hips & knee forward, bounce weight back on left  
&      Step weight forward onto right foot adjusting body to face  $\frac{1}{4}$  left  
3-6      Walk around in a full circle stepping left-right-left-right

7-8 Big cross/step left over right, hold

1&2 Step right to right, cross/step left over right, step right to right  
3&4 Step left to left, cross/step right over left, step left to left  
5&6 Step right to right, cross/step left over right, step right to right  
7-8 Full turn over left shoulder to left stepping left-right  
& Turning a further  $\frac{1}{4}$  turn left step forward onto left

**REPEAT**

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