

On The Floor

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Joanne Wong (MY) - November 2011
音樂: On the Floor (feat. Pitbull) - Jennifer Lopez



Intro: 2×8 when the heavy beat kicks - Phrasing: AAA BA*AA BA*AA

Part A (40 counts)

SET 1: CORTA JACA, L SAILOR, R SAILOR FULL TURN

1&2& Dig R heel to diagonal L forward, Step LF back, Press R ball to diagonal R back, Step LF fwd
3&4 Dig R heel to diagonal L forward, Step LF back, Step RF to R
5&6 Step LF behind RF, Step RF next to LF, Step LF to L
7&8 Execute 1/2R stepping RF back of LF, 1/2R stepping LF next to RF, Cross RF over LF
(The corta jaca motion in counts 1-4 is moving to the right)

SET 2: LEFT MAMBO, RIGHT MAMBO, 1/4 BACK ROCK SIDE, 1/4R BACK ROCK SIDE

1&2 Cross LF over RF, Step RF to R, 1/8L stepping LF back, Hitch R knee (7:30)
3&4 Step RF to R, Recover on LF, Close RF next to LF
5&6 1/4L rocking LF back, Recover on RF, 1/4R stepping LF to L
7&8 1/4R rocking RF back, Recover on LF, 1/4L stepping RF to R

SET 3: PROGRESSIVE TURNS

1&2& Cross LF over RF, Step RF to R, 1/8L stepping LF back, Hitch R knee (10:30)
3&4 Step back on RF, 1/8L stepping LF to L, Step RF fwd (9:00)
5&6& Cross LF over RF, Step RF to R, 1/8L stepping LF back, Hitch R knee (7:30)
7&8 Step back on RF, 1/8L stepping LF to L, Step RF fwd (6:00)

SET 4: 2X BOTA FOGOS, CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE

1&2 Cross LF over RF, Rock RF to R, Recover on LF
3&4 Cross RF over LF, Rock LF to L, Recover on RF
5&6& Cross Rock LF over RF, Recover on RF, Rock LF to L, Recover on RF
7&8 Cross Rock LF over RF, Recover on RF, Step LF to L (A* - Restart after here)

SET 5: 4X 1/4L PADDLE TURNS, HEAD ROLL, BODY/HIP ROLL

1&2& Step RF fwd, 1/4L on LF, Step RF fwd, 1/4L on LF(12:00)
3&4& Step RF fwd, 1/4L on LF, Step RF fwd, 1/4L on LF(12:00)
5-6 Step RF fwd and throw upper torso to left and roll up in a head roll
7-8 Continue head roll with the body/hip roll and sit on LF hip

Part B (40 counts)

SET 1: BODY ROLL, HIP BUMPS, 1/2R PIVOT, FWD SHUFFLE

1-2 Step RF fwd and push R hip fwd into a reverse body roll
3&4 Hip bumps forward
5-6 Step LF fwd, 1/2R pivot weight on RF(12:00)
7&8 Step LF fwd, step RF next to LF, Step LF fwd

SET 2: REPEAT SET 1 (end facing 6:00)

SET3: LAMBADA SWAYS, 1/4L LAMBADA SWAYS

1-4 Step RF to R and do 4 hip sways R, L, R, L
5-8 1/4L Step RF to R and do 4 hip sways R, L, R, L (3:00)

SET 4: 1/4L LAMBADA SWAYS, 1/4 LAMBADA SWAYS

1-4 1/4L Step RF to R and do 4 hip sways R, L, R, L (12:00)
5-8 1/4L Step RF to R and do 4 hip sways R, L, R, L(9:00)

SET 5: 1/4L LAMBADA SWAYS, RIGHT HIP BUMPS, L HIP BUMPS

1-4 1/4L Step Rf to R and do 4 hip sways R, L, R, L (6:00)
5&6 Bump right hip fwd, Drop hip, Step RF fwd
7&8 Bump left hip fwd, Drop hip, step LF fwd
