

Get on The Floor!! (aka On The Floor!!)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Earleen Wolford (USA) - January 2012
音樂: On The Floor (feat. Pitbul) - Jennifer Lopez



Other music: Yeah 3X by Chris Brown, available on iTunes (no tag/no restart)

Pattern: 32, 8 count tag (repeat the last 8 cts of the dance), restart from the top, 32's till end song! Trust me, it's an EZ dance!

[1-8] KICK, BOOGIE WALK, TOUCHES, KICK FORWARD

1&2 Kick R out to R (1), Step R ball next to R (&), Step L forward (2)

3,4 Step R forward (3), Step L forward (4)

Note: Boogie walk aka Shorty George, means you would bring the opposite knee in next to the foot you're stepping forward on,

at the same time bending knees slightly to get the boogie walk look for counts 2-4 or you can just walk/step forward on counts 2-4, your choice)

5-8 Touch R toe slightly across in front of L (5), Touch R toe out to R (6), Touch R next to L, at the same time doing a small dip down (7), Kick R forward (8) (L takes wt) (12:00)

[9-16] R LOCK STEPS BACK, L COASTER STEP, STEP FORWARD, ¼ TURN L

9,10 Step back on ball of R (9), Step L over R (10)

11&12 Step back on ball of R (11), Step L over R (&), Step back down on R (12)

13&14 Step back on L (13), Step R next to L (&), Step forward on L (14)

15,16 Step forward on R (15), Pivot ¼ turn L on L (16) (L takes wt) (9:00)

Optional: you can do a hip roll as while turning

[17-24] WEAVE L, R STEP FORWARD, 1/2 TURN L TO L, BODY PULSE/JERKS L/R

17-20 Step L over R (17), Step L to L (18), Step R behind L (19), Step L to L (20)

21 Step forward on R (21)

22 While pivoting on R, Turn ½ turn L, stepping L out to L (22)

Note: on count 22, it's like your opening a door to your L

23,24 Body Pulse to your Left (23), Body Pulse to your Right (24) (L takes wt) (3:00)

Note: on count 23-24, bring both arms/hands to your out to your left with palms open at same time pulsating/jerking to your left side(23), then do it to your right side (24), or just bump your hips to L.

[25-32] TAP BODY PULSES TRAVLING R, KNEE HIP ROLL TOUCHS OUT/IN TO R 2X'S

25,26 Tap R toe to R, as your moving slightly to R and at same time bring R hand & arm out to R hip, open palm down & L arm up at head level, but in front of your face, at same time pulsating your hips forward (25), Step down on R, keeping the hand/arm position, pulsating hips motions as mentioned above (26)

27,28 Tap L toe in front of R (27), Step down on L (28), while doing counts 27-28, you will keep the same hand/arm/pulsating hip motions as mentioned in counts 25-26 (L takes wt)

Optional: if you don't want to use your arms/hips/pulsating, you can just tap/step down, tap step down

29-32 Touch R out to R, at same time rolling the R knee & hip out to R (29), Touch R in next to L, at the same time rolling the R knee & hip in (30), Repeat 29-30 (31,32) (L takes wt) (3:00)

Optional: if you don't want to do knee/hip rolls, you can just touch out/in 2x's.

Tag: Repeat 25-32, then, restart dance from the top! Easy huh!
Begin again!

Enjoy my dance & have FUN doing it to this great song/music with JLO..feat Pitbul! "GottaDance"!!
And, please feel free to use any other music to do my dance, country or non country will work!

