On The Floor

拍數: 40

級數: Intermediate

編舞者: Nathan Gardiner (SCO) - August 2013

音樂: On the Floor (feat. Pitbull) - Jennifer Lopez

Intro:64 counts, start dance after Jennifer says "ha ha ha"

Note: this dance is choreographed to the "Radio Edit" version

OUT OUT, SAILOR WITH HEEL, & CROSS HOLD, BALL CROSS BALL CROSS

- 1-2 step right to right diagonal, step left to left diagonal
- 3&4 step right behind left, step left to left side, touch with heel
- 5-6 cross step left over right, hold
- &7&8 step on ball of right next to left, cross step left over right,step on ball of right next to left, cross step left over right

ROCK RECOVER, BEHIND SIDE CROSS, ROCK RECOVER SAILOR 1/4 TURN LEFT

- 1-2 rock out to right side, recover
- 3&4 step right behind left, step left to left side, cross step right over left
- 5-6 rock out to left side, recover
- 7&8 cross left behind right making 1/4 turn left, step right beside left, step left diagonally forward left

TURN 1/4 LEFT, TURN 1/4 1/4, SIDE ROCK TOGETHER, SIDE ROCK TOGETHER

- 1-2 step forward on right, 1/4 pivot turn left
- 3-4 turn 1/4 right stepping forward right, turn 1/4 right stepping back on left
- 5-6& rock out to right side, recover on left, step right next to left
- 7-8& rock out to left side, rocover on right, step left next to right

ROCK RECOVER, SAILOR STEP, JAZZ BOX 1/2 WITH TOUCH

- 1-2 rock out to right side, recover
- 3&4 cross right behind left, step left to left side, step right to right side
- 5-6-7-8 cross step left over right, turn 1/2 left stepping back on right, step left to left side, touch right next to left

CHASSE RIGHT, ROCK RECOVER, ROLL WITH TOUCH

- 1&2 step right to right side, step left next to right, step right to right side
- 3-4 rock back on left, recover
- 5-6-7-8 step 1/4 turn left stepping on left, turn 1/2 left stepping back on right, turn 1/4 left stepping left to left side, touch right next to left

Restarts: wall 5 & 10 dance up to count 32 then Restart the dance.

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牆數:2