

Hit The Floor

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - March 2014
音樂: Hit The Ground (Original Fm Cut) - Kique Santiago : (Single)



Intro: 32 Counts (±14 sec)

Cross, ¼ R, ¼ R, Point, ¼ L, ½ L, Coaster Step

1-2 Cross R Over L, ¼ Turn R Step Back on L
3-4 ¼ Turn R Step R to R Side, Point L to L Side
5-6 ¼ Turn L Step L Fwd, ½ Turn L Step Back on R
7&8 Step Back on L, Step R Next to L, Step Fwd on L

Cross Rock, & Touch, & Touch, Monterey ¼ R, Side Rock-Cross

1-2 Cross Rock R Over L, Recover on L
&3 "Jump" Step R Back on R Back Diagonal, Touch L Next to R
&4 "Jump" Step L Back on L Back Diagonal, Touch R Next to L
5-6 Point R to R Side, ¼ Turn R Step R Next to L
7&8 Rock L to L Side, Recover on R, Cross L Over R

Side, Hitch Across, Side, Together, Twist x3 to R Side, Hook Behind

1-2 Step R to R Side, Hitch L Across R
3-4 Step L to L Side, Step R Next to L (slightly bending both knees)
5-7 Swivel Both Heels to R Side, Swivel Toes to R Side, Swivel Heels to R Side
8 Hook/Flick L Behind R

¼ L, ½ L, ¼ Chasse L, Cross Rock, Chasse R

1-2 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R
3&4 ¼ Turn L Step L to L Side, Step R Next to L, Step L to L Side
5-6 Cross Rock R Over L, Recover on L
7&8 Step R to R Side, Step L Next to R, Step R to R Side

Jazz Box ¼ Turn L, Point, Together, Point, Dip with Shoulders

1-2 Cross L Over R, ¼ Turn L Step Back on R
3-4 Step L to L Side (dip down), Point R to R Side (turn body L with R shoulder fwd)
5-6 Step R Next to L (dip down), Point L to L Side (turn body R with L shoulder fwd) (*Ending)
7&8 Roll Shoulders from Front to Back: L-R-L Transferring weight to L (dip and come up again)

Cross, Touch, & Heel Ball Cross, Side Rock, Behind-Side-Cross

1-2 Cross R Over L, Touch L Behind R Heel
&3 Step Back on L, Touch R Heel to R Diagonal
&4 Step on Ball of R Next to L, Cross L Over R
5-6 Rock R to R Side, Recover on L
7&8 Step R Behind L, Step L to L Side, Cross R Over L

Walk-Walk-Shuffle (Turning ¾ Turn L) Step Fwd, ½ Turn R, Shuffle ½ Turn R

1-2 ¼ Turn L Step Fwd on L, ¼ Turn L Step Fwd on R
3&4 ¼ Turn L Shuffle Fwd Stepping L, R, L (count 1-4 make a semi-circle walk around ¾ turn L)
5-6 Step Fwd on R, ½ Turn R Step Back on L
7&8 ¼ Turn R Step R to R Side, Step L Next to R, ¼ Turn R Step Fwd on R

Rock Fwd, & Rock Fwd, Back, Swivel, Touch Back, Unwind ¼ Turn L

- 1-2 Rock Fwd on L, Recover on R
&3-4 Step L Next to R, Rock Fwd on R, Recover on L
5&6 Step Back on R, Swivel Both Heels L, Recover (weight R) (option: Bump Back x2 without Swivel)
7-8 Touch L Behind R, Unwind $\frac{1}{4}$ Turn L (weight L)

***Ending: You will end on section 5, with L foot Pointed to L side (count 38) Turn $\frac{1}{2}$ L to Face the front (weight L and legs crossed), bend your knees and pretend to "hit the floor" with your handpalms down**

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