

## Hit The Floor

Choreograaf : Ria Vos (Maart 2014)

Soort dans : 4 wall linedance

Niveau : Intermediate

Tellen : 64

[www.allcountry.eu](http://www.allcountry.eu)

Muziek : Hit The Ground (Original FM cut)

Artiest : Kique Santiago

Intro: 32 Counts (±14 sec)

**Koop muziek iTunes:** [Hit The Ground \(Original Fm Cut\) - Hit The Ground - Single](#)

### **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 ¼ Turn L (weight L)

**\*Ending:** You will end on section 5, with L foot Pointed to L side (count 38)

Turn ½ L to Face the front (weight L and legs crossed),

bend your knees and pretend to "hit the floor" with your handpalms down