

Take It To The Floor!

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Sophia van Hees (NL)

Music: Take It To The Floor by B2K (Soundtrack You got)

(1-8) Cross, step, cross, down, up, step, cross, unwind

1 RF cross behind LF

& LF step next to RF

2 RF cross in front of LF

3 LF step to side, go through knees, knip with Right.hand to floor

4 Straight your knees

5 LF step forward

6 RF touch crossed behind LF

& ½ turn right, RF step forward (6.00)

7 LF touch crossed behind RF

8 Full turn left. Ending weight on RF (6.00)

(9-16) Runningman kicks, slide, diagonally steps with bended knees

1 RF jump diagonally rightback, while kicking LF diagonally left forward with heel

& Step on LF

2 LF jump diagonally leftback, while kicking RF diagonally right forward with heel

& Step on RF

3 ¼ turn right, LF slide to left side (9.00)

4 RF touch next to LF

5 1/8 turn right, (1.30) RF step to right side *

& 1/8 turn left (back to 9.00), LF touch next to RF *

6 1/8 turn left, (10.30) LF step to left side *

& 1/8 turn right (back to 9.00), RF touch next to LF *

7 1/8 turn right, (1.30) RF step to right side *

& LF touch next to RF *

8 RF step to right side (still on 1.30) *

& 1/8 turn left (back to 9.00), LF touch next to RF *

*** During count 5 till 8: go through your knees, keep them bended. Turn knees out on full counts, turn knees back on the "&-counts"**

(17-24) Step with bodyroll, step with shake body, press steps with upperbody movement

1 LF step to left side, same time make bodyroll from lowerbody to upperbody

2 RF touch next to LF

3& LF step to left side, shake upperbody

4 RF touch next to LF

5 RF press step to right side

& Push shoulders back

6 Push shoulders forward

& RF step next to LF, shoulders back in middle

7 LF press step to left side

& Push shoulders back

8 Push shoulders forward

(25- 32) Cross, step, step, turn, armroll, step out, out

1 LF cross behind RF

& 1/4 turn right, RF step forward (12.00)

2 LF step forward

3 ½ turn left, RF step backwards (6.00)

& ½ turn left, LF step next to RF

4 ¼ turn left, RF step to right side (9.00)

5-6 Armroll begin with righthand, ending with lefthand. Ending with ¼ turn left, weight on LF
(6.00)

7 RF step to right side, left arm push elbow to left. Arm in front off body

8 LF step to left side, right arm push elbow to right. Arm in front off body

END OF DANCE!!! RESTART