

# Hit The Floor

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Ria Vos, (March 2014)

**Music:** Hit The Ground (Original FM cut) - Kique Santiago, Single

## **Intro: 32 Counts ( $\pm 14$ sec)**

### **Cross, $\frac{1}{4}$ R, $\frac{1}{4}$ R, Point, $\frac{1}{4}$ L, $\frac{1}{2}$ L, Coaster Step**

1-2      Cross R Over L,  $\frac{1}{4}$  Turn R Step Back on L

**3-4  $\frac{1}{4}$  Turn R Step R to R Side, Point L to L Side**

**5-6  $\frac{1}{4}$  Turn L Step L Fwd,  $\frac{1}{2}$  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 $\frac{1}{4}$ 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,  $\frac{1}{4}$  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

### **$\frac{1}{4}$ L, $\frac{1}{2}$ L, $\frac{1}{4}$ Chasse L, Cross Rock, Chasse R**

**1-2  $\frac{1}{4}$  Turn L Step Fwd on L,  $\frac{1}{2}$  Turn L Step Back on R**

**3&4  $\frac{1}{4}$  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**

**1-2¼ Turn L Step Fwd on L, ¼ Turn L Step Fwd on R**

**3&4¼ 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&8¼ 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**

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