

Hit The Floor

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

Choreographer: Ria Vos, (March 2014)

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

Intro: 32 Counts (± 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 $\frac{1}{4}$ Turn L, Point, Together, Point, Dip with Shoulders

- 1-2 Cross L Over R, $\frac{1}{4}$ 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 $\frac{3}{4}$ Turn L) Step Fwd, $\frac{1}{2}$ Turn R, Shuffle $\frac{1}{2}$ Turn R

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

3&4 $\frac{1}{4}$ Turn L Shuffle Fwd Stepping L, R, L (count 1-4 make a semi-circle walk around $\frac{3}{4}$ turn L)

5-6 Step Fwd on R, $\frac{1}{2}$ Turn R Step Back on L

7&8 $\frac{1}{4}$ Turn R Step R to R Side, Step L Next to R, $\frac{1}{4}$ Turn R Step Fwd on R

Rock Fwd, & Rock Fwd, Back, Swivel, Touch Back, Unwind $\frac{1}{4}$ 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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