

Hip On The Floor

BEGINNER

32 Count 4 Walls

Choreographed by: Karen Hadley

Choreographed to: On The Floor by Jennifer Lopez

Section 1 Two Walks Forward (RIGHT, LEFT). Right Shuffle Forward. Left Forward Rock. Left Back-Lock-Step.

- 1 - 2 Walk forward:- Right, Left.
3 & 4 Right shuffle forward, stepping:- Right, Left, Right.
5 - 6 Rock forward on Right, rock back on Left in place.
7 & 8 Step back on Left, lock Right across Left, step back on Left.

Section 2 Right Side Rock-Recover (Sways). Chasse Right. Left Cross Rock. Chasse Left.

- 1 - 2 Rock Right to Right side swaying hips to Right, rock on Left in place swaying hips to Left.
3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side.
5 - 6 Cross rock Left over Right, rock on Right in place.
7 & 8 Step Left to Left side, step Right beside Left, step Left to Left side.

Section 3 Right Cross. Back. Together. Step Left. Right Rocking Chair.

- 1 - 4 Cross step Right over Left, step back on Left pushing hips back, step Right beside Left, step forward on Left.
5 - 8 Rocking forward on Right, rock back on Left in place, rock back on Right, rock forward on Left in place.

Section 4 Step Pivot 1/4 Turn Left x 3. Jazz Jump Forward. Clap.

- 1 - 2 Step forward on Right, pivot 1/4 turn Left (weight on Left).
3 - 4 Step forward on Right, pivot 1/4 turn Left (weight on Left).
5 - 6 Step forward on Right, pivot 1/4 turn Left (weight on Left).
& 7 - 8 Step forward on Right, step forward on Left (feet slightly apart), hold & clap.

NOTE: - This dance has been choreographed to give Beginners a split floor option to any of the dances choreographed to the various versions of this song, intro's are the same as the main dance to which ever track you use.