



Script approved by

*Rob Fowler*

# Hit Da Floor



Rob Fowler

ADVANCED	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	<b>Section 1</b> & 1 - 2 & 3 & 4 5 & 6 7 - 8	<b>Syncopated Cross Steps &amp; Heel Swings, Coaster Step, Head Turn.</b> Step back left. Cross right over left. Step left diagonally forward left. Close right beside left. Cross left over right. Hitch right knee as you swing right foot right across left then to centre Step back right. Close left beside right. Step forward right. Turn <u>head</u> to left. Turn body 1/4 turn left on balls of feet.	& Cross. Step. & Cross & Swing Coaster Step Head. Turn	On the spot     Turning left
	<b>Section 2</b> & 9 - 16	<b>Syncopated Cross Steps &amp; Heel Swings, Coaster Step, Head Turn.</b> Repeat steps & 1 - 8 of section 1.		
	<b>Section 3</b> 17 - 18 19 - 20 21 - 22 23 & 24	<b>Weave Left with 1/4 Turn right. Coaster Step.</b> Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right over left. Step left 1/4 turn right. Step back right. Step left beside right. Step forward right.	Cross. Side. Behind. Side. Cross. Turn. Coaster Step	Left  Right
	<b>Section 4</b> 25 26 27 28 29 - 30 31 - 32	<b>Stroll Forward with Arm Definitions.</b> Step forward left (both arms straight up hands pointing left). Step forward right (both arms straight up hands pointing right). Step forward left (arms crossed in front of body) Step forward right (both arms by sides). Rock left to left side, pushing both hands to right side. Recover to centre. Rock right to right side, pushing both hands to right. Recover to centre.	Left Right Left Right Left Centre Right Centre	Forward    On the spot
	<b>Section 5</b> 33 34 35 & 36 37 - 40	<b>Toe 1/2 Turns Left, Syncopated Cross, x 2.</b> Touch left toe out to left side. On ball of right make 1/2 turn right, touching left to left. On ball of right make 1/2 turn right, rocking to left side on left. Rock onto right in place. Cross left over right. Repeat steps 33 - 36 on opposite feet. (Touching right, turning left)	Toe Turn Turn & Cross	Left Left On the spot
	<b>Section 6</b> 41 & 42 & 43 & 44 45 - 46 47 48	<b>Chasse Left, Syncopated Touch &amp; Cross, Kicks Hook &amp; Jump.</b> Step left to left side. Close right beside left. Step left to left side. Step right beside left. Touch left to left side Hitch left knee. Cross step left over right. Kick right foot to right side <u>twice</u> . Hook right foot behind left knee. Jump both feet apart. (Head looking down on second sequence).	Side Close Side & Touch. & Cross. Kick Kick Hook Jump	Left On the spot
	<b>Note:</b>	<b>Repeat Section 1 - 6.</b> Repeat steps 1 - 48 then continue to end of dance.		
	<b>Section 7</b> 49 50 & 51 & 52 53 54 55 & 56	<b>Head Up, Thigh &amp; Body Touches, Hands Down, Shoulders, Jumps.</b> Look head up. Touch thighs with hands. Cross hands and touch opposite thighs. Uncross hands to touch thighs. Cross hands in front of body. Bring hands sharply down to sides. Keeping shoulder parallel to floor move upper body left. Keeping shoulder parallel to floor move upper body right Cross jump right over left. Jump feet apart. Jump feet together	Up & Cross & Body Side & Move Cross & Together	On the spot
	<b>Section 8</b> 57 - 58 59 - 60 61 62 63 - 64	<b>Step Pivot, Walks Forward, Arms Forward, Behind Head, Jump.</b> Step forward left. Pivot 1/2 turn right. Step forward left. Step forward right. Step left to left side (left arm straight forward, palm forward) Put right arm straight forward palm forward. Place both hands behind head. Jump feet together	Step. Pivot. Walk. Walk. Step Arm Head. Jump.	Right Forward Left On the spot

**One Wall Line Dance:-** 112 Counts. Advanced Level.

**Choreographed by:-** Rob Fowler & Paul McAdam (UK).

**Choreographed to:-** 'Bring In Da Noise' by: N\*Sync.