

# 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, ¼ R, ¼ R, Point, ¼ L, ½ L, Coaster Step

1-2      Cross R Over L, ¼ Turn R Step Back on L  
3-4      ¼ Turn R Step R to R Side, Point L to L Side  
5-6      ¼ Turn L Step L Fwd, ½ 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 ¼ 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, ¼ 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

### ¼ L, ½ L, ¼ Chasse L, Cross Rock, Chasse R

1-2      ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R  
3&4      ¼ 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

1-2      ¼ Turn L Step Fwd on L, ¼ Turn L Step Fwd on R  
3&4      ¼ 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&8      ¼ 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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