

# “Hit The Floor”

Intermediate 4 wall line dance (64 counts)

Choreographer: Ria Vos, dansenbijria@gmail.com

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