

# Hit Da Floor

Count: 48

Wall: 3

Level: Advanced

Choreographer: Rob Fowler (ES) & Paul McAdam (UK) - September 2003

Music: Bringin' Da Noise - \*NSYNC



Sequence: AA, TAG, AA, TAG, etc.

## PART A

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

- &1-2 Step left foot to left side, cross right foot over left, step left foot to left side
- &3-4 Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward
- 5&6 Step back right, left together, right forward (coaster step)
- 7-8 Turn head ¼ turn left, turn body ¼ turn left

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. ¼ TURN, ¼ TURN

- &1-2 Step left foot to left side, cross right foot over left, step left foot to left side
- &3-4 Step right foot to right side, cross left foot over right, flick right foot to right side and kick forward
- 5&6 Step back right, left together, right forward (coaster step)
- 7-8 Turn head ¼ turn left, turn body ¼ turn left

### WEAVE LEFT, ¼ TURN, COASTER STEP

- 1-2 Cross right foot over left, step left foot to left side
- 3-4 Cross right foot behind left, step left foot to left side
- 5-6 Cross right foot over left, step back on left, making a ¼ turn right
- 7&8 Step back right, left together, right forward (coaster step)

### WALK FORWARD, MAMBO LEFT, MAMBO RIGHT

- 1-2-3-4 Walk forward left, right, left, right
- 5&6 Mambo left foot to left side (push both hands to right), recover weight to right foot
- 7&8 Mambo right foot to right side, (push both hands to left), recover weight to left foot

*While doing the walks, put both arms in the air, point both hands left, point both hands right, cross both hands over the chest, drop both hand to your side*

### MONTEREY ½ TURN, ROCK & CROSS, MONTEREY ½ TURN, ROCK & CROSS

- 1-2 Touch left foot to left side, make a ½ turn right, touching left toe out
- 3&4 Make a ½ turn right, touching left toe out, cross left foot over right
- 5-6 Touch right foot to right side, make a ½ turn left, touching right toe out
- 7&8 Make a ½ turn left, touching right toe out, cross right foot over left

### CHASSIS LEFT, HITCH & CROSS, KICK, KICK, HITCH & JUMP

- 1&2& Step left foot to left, bring right foot next to left, step left foot to left side, bring right foot next to left
- 3&4 Touch left foot out to left, hitch left knee, cross left foot over right
- 5-6 Kick right foot down to right side twice (start your bike!)
- 7-8 Hitch right foot behind left knee as you bend left knee slightly, jump both feet out

*When you do the final count (jump feet out) at the end of wall 2, drop your head onto chest ready for the tag*

## REPEAT

## TAG

### HEAD UP, SLAP THIGHS, CROSS HANDS, JUMP CROSS, JUMP TOGETHER

- 1-2 Flick head up, slap thighs with both hands

- |     |                                                                                    |
|-----|------------------------------------------------------------------------------------|
| &3  | Cross hand in front, slap thighs with both hands                                   |
| &4  | Cross hands over chest, bring hands down to sides                                  |
| 5-6 | Lift and lean shoulders to the left, then to the right                             |
| 7&8 | Jump feet in crossing right over left, jump both feet out, jump both feet in place |

**PIVOT ½ TURN RIGHT, STEP FORWARD LEFT, RIGHT, HANDS FORWARD LEFT, RIGHT, JUMP TOGETHER**

- |     |                                                                                   |
|-----|-----------------------------------------------------------------------------------|
| 1-2 | Step forward on left foot, pivot ½ turn right                                     |
| 3-4 | Step forward on left foot, step forward on right foot (feet shoulder width apart) |
| 5-6 | Push left hand forward, push right hand forward (palms down)                      |
| 7-8 | Put both hands behind head, jump (feet together)                                  |
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