

HIT THE FLOOR

Choreographed by: Coral Tucker (USA) Feb 08

Music: **Low** by **Flo Rida**

Descriptions: 32 count - 4 wall high beginner line dance

Step sheet provided by Rose Haven, 404.379.1213 rose@atlantalincedance.com or atlantalincedance@bellsouth.net web: www.atlantalincedance.com

1-8 STEP TOUCHES WITH OPTIONAL SHOULDER STYLING

1-4 Step right to right side (1), Step left next to right (2), Step right to right side (3), Touch left next to right (4),

Styling: drop right shoulder and raise left shoulder each time you step out with the right foot

5-8 Step left to left side (5), Step right next to left (6), Step left to left side (7), Touch right next to left (8).

Styling: drop left shoulder and raise right shoulder each time you step out with the left foot

9-16 3 STEP TURN TO RIGHT, CLAP, VINE LEFT, SLAP HIP

1-4 Step right to right side (1), Turn a ½ turn right stepping left to left side (2), Turn a ½ turn right while stepping right to right side (3), Touch left next to right and clap (4) *

5-8 Step left to left side (5), Cross right behind left (6), Step left to left side (7), Touch right next to left while slapping right hip with the right hand (8)

*optional for counts 1-4: Vine to Right

17-24 RIGHT TOUCH FORWARD, BACK, TOE-HEEL STRUT, LEFT TOUCH FORWARD, BACK, STEP LEFT FORWARD & CLAP

1-4 Touch right toes forward (1), Touch right toes back (2), Touch right toes forward (3), Drop right heel down (4),

5-8 Touch left toes forward (5), Touch left toes back (6), Step left forward (7), Hold/Clap (8)**

**optional: do a toe-heel strut forward for counts 7, 8

25-32 HIP BUMPS FORWARD TWICE, BACK TWICE, WALK FORWARD, ¼ TURN, SLIDE WITH TOUCH

1-4 Step right forward as you bump your right hip forward two times (1,2), Shift weight back to left foot as you bump left hip back two times (3,4),

5-8 Walk forward right (5), Left (6), Step right to right side while turning a ¼ turn to the left (7), Slide/step left foot next to right (8).

Start again from the beginning!