

# FOUR ON THE FLOOR

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**Count:** 32

**Wall:** 4

**Level:** —

**Choreographer:** Peter Metelnick

**Music:** 455 Rocket by Kathy Mattea

## **FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, RIGHT TOE STEP BACK, LEFT COASTER STEP**

- 1&2** Step right foot forward, step left foot together, step right foot forward
- 3-4** Step left foot forward, pivot ½ right with weight remaining on left foot
- 5-6** Touch right toes back, step right foot down
- 7&8** Step left foot back, step right foot together, step left foot forward

## **RIGHT FORWARD, LEFT SIDE TOUCH, LEFT CROSS OVER AND FORWARD, RIGHT SIDE TOUCH, RIGHT ROCK FORWARD & BACK**

- 1-2** Step right foot forward, touch left toes to left side

**Optional: step right foot forward, kick left foot to left side**

- 3-4** Cross left foot in front of right foot and step, touch right toes to right side

**Optional: cross left foot in front of right and step, kick right foot to right side)**

- 5-6** Step right foot forward and rock forward, rock back and recover weight on left foot

**Optional step right foot forward, pivot ½ left**

- 7-8** Step right foot back and rock back, rock forward and recover weight on left foot

**Optional: step foot forward, pivot ½ left**

## **RIGHT HEEL & HOOK, MEXICAN HAT DANCE, RIGHT TOE TOUCHES FORWARD & SIDE, SAILOR SHUFFLE**

- 1-2** Touch right heel forward, hook right foot across left shin
- 3&4** Touch right heel forward, step right foot together, touch left heel forward
- &** Step left foot together
- 5-6** Touch right toes front, touch right toes to right side

**7&8** Cross right foot behind left and step, step left foot to left side, step right foot in place

**You can substitute 2 backward shuffles in place of the sailor shuffles for beginners**

**SAILOR SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**

**1&2** Cross left foot behind right and step, step right foot to right side, step left foot in place

**3-4** Step right foot back and rock back, rock forward and recover weight on left foot

**Optional: step right foot back and kick left foot forward, recover weight on left foot**

**5&6** Kick right foot forward, step right together on ball of right foot, step left foot together

**7-8** Step right foot forward ¼ left pivot turn with weight ending on left foot

**Optional: step right foot forward turning ¼ left, pivot a full turn left - so you end up doing a 1-¼ turn left - for those who like to spin**

**REPEAT**