

# HIT "DA" FLOOR

LINEDANCE.COM

**Count:** —                      **Wall:** 3                      **Level:** advanced

**Choreographer:** Rob Fowler & Paul McAdam

**Music:** Bringin' Da Noise by NSync

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

## PART A

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. $\frac{1}{4}$ TURN, $\frac{1}{4}$ 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  $\frac{1}{4}$  turn left, turn body  $\frac{1}{4}$  turn left

### AND CROSS AND CROSS, KICK, KICK, COASTER STEP. $\frac{1}{4}$ TURN, $\frac{1}{4}$ 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  $\frac{1}{4}$  turn left, turn body  $\frac{1}{4}$  turn left

### WEAVE LEFT, $\frac{1}{4}$ 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  $\frac{1}{4}$  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)

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=51752](https://www.linedance.com/index.php?f=dance_view&id=51752)