HIT THE FLOOR

Choreographer: Joshua Talbot (November 2025)
Music: Achy Break Heart (Club Version) – Y.O.G.A. & Adam Harvey (Single Version 2.39m)
Level: Beginner: 2 Wall
Counts: 32 Counts
Intro: Start on Lyrics

Section 1: R VINE, TOUCH, 4 HIPS
1, 2, 3, 4 Step R to R, step L behind R, step R to R, touch L together
5, 6, 7, 8 Step L bump hips L, R, L, R

Section 2: L VINE, TOUCH, SLIDE HITCH, SLIDE HITCH
1, 2, 3, 4 Step L to L, step R behind R, step L to L, touch R together
5, 6 Step R to R sliding L towards R, hitch L up
7, 8 Step L to L sliding R towards L, hitch R up
Note: the slide and hitch section is done in a dip & hitch sort of motion, think smooth..

Section 3: WALK BACK, HITCH, WALK FWD, ¼ HITCH
1, 2, 3, 4 Walk back R, L R, hitch L up
5, 6, 7, 8 Walk fwd L, R, L, ¼ L hitch R up
Turning Option: 5,6,7,8 – Roll forward over L should into the ¼ hitch

Section 4: R VINE, L 1 ¼ ROLLING VINE
1, 2, 3, 4 Step R to R, step L behind R, step R to R, touch L together
5, 6, 7, 8 ¼ L step L fwd, ½ L step R back, ½ L step L fwd, touch R together
Non-turing option: 5,6,7,8 - L vine with a ¼ L, touch together.

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