

HIT THE FLOOR

Count: 32. Wall: 2. Level: Beginner

Choreographer: Joshua Talbot (AUS) - November 2025

Music: Achy Breaky Heart (Club Version) by Y.O.G.A. & Adam Harvey. Album: single

INTRO: 16 count. Weight on L. No Tags, No Restarts.

VINE RIGHT, TOUCH, 4 HIP BUMPS

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R

5-8 Step L slightly left bump hips Left, Right, Left, Right

VINE LEFT, TOUCH, SLIDE, HITCH, SLIDE, HITCH

1-4 Step L to left, Step R behind R, Step L to left, Touch R beside L

5-8 Step R to right sliding L to R, Hitch L up, Step L to left sliding R to L, Hitch R up

NOTE: the slide and hitch section is done in a dip & hitch sort of motion, think smooth.

BACK, BACK, BACK, HITCH, WALK, WALK, WALK, HITCH 1/4 LEFT

1-4 Step R back, Step L back, Step R back, Hitch L up

5-8 Step L forward, Step R forward, Step L forward, Turn 1/4 left hitch R up **[9:00]**

OPTION: 5-8 – Roll forward over L should into the 1/4 hitch

VINE RIGHT, TOUCH, ROLLING VINE LEFT 1 1/4, TOUCH

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R

5,6 Turn 1/4 left step L forward, Turn 1/2 left step R back

7,8 Turn 1/2 left step L forward, Touch R beside L **[6:00]**

OPTION: 5-8 – Vine left 1/4, Touch R beside L

32 REPEAT