

Poppin'

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Janice Chin (MY) - December 2015

Musik: Get It Poppin' (feat. Nelly) - Fat Joe



Dance starts 16 counts from beginning of music

Section 1 : Kick Ball Touch 2x, Step Touch 2x

- 1&2 Kick RF forward, Step RF beside LF, Touch LF behind RF
- 3&4 Kick LF forward, Step LF beside RF, Touch RF behind LF
- 5 6 Step RF to side, Touch LF behind RF
- 7 8 Step LF to side, Touch RF behind LF (12:00)

Section 2 : Move Diagonally Forward to right & chest pump twice, Step Back & Do Body Roll

- 1 2 Step RF diagonally forward, Step LF together (1:30)
- 3 4 Do chest pop twice
- 5 6 Step LF back, Step RF to side (12:00)
- 7 8 Do a body roll upwards or any freestyle

Section 3 : Syncopated weave to left, Tap RF twice, Step Hitch 2x

- 1& Cross RF behind LF, Step LF to side
- 2& Cross RF across LF, Step LF to side
- 3 4 Tap RF twice in place
- 5 6 Step RF to side, Hitch L knee
- 7 8 Step LF to side, Hitch R knee (12:00)

Section 4 : Heel Touch 2x, Star Steps with a ¼ L turn

- 1 2 Touch R heel forward, Step RF beside LF
- 3 4 Touch L heel forward, Step LF beside RF
- 5& Touch RF to side, Touch RF beside LF
- 6& Turn 1/8 L with weight on LF & Touch RF to side, Touch RF beside LF
- 7& Repeat steps 6&
- 8& Repeat steps 7& (9:00)

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