

Hop-A-Lot

Count: 38

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Oliver Neundorf (DE) - February 2021

Musik: Hop-A-Lot - James Carothers



Note: The dance begins with the use of the song

Sequence: AB, AB, A *, BB, B *, AB, Tag, A ** A **, Ending

Part / Part A (4 wall)

A1: Jump forward 2, rocking chair, kick-ball-change

- 1-2 2 small jumps forward with both feet, weight at the end on the left
- 3-4 step forward with right - weight back on left foot
- 5-6 step backwards with the right - weight back on the left foot
- 7 & 8 Kick right foot forward - put right foot next to left and Step left on the spot

A2: Jump forward 2, rocking chair, kick-ball-change

- 1-8. Like step sequence A1

(Tag / restart for A *: stop here, hold 2 beats and continue dancing with part B - 12 noon)

(Tag / restart for A **: cancel here and continue dancing according to the sequence - 12 noon)

A3: Steps in place turning ¼ l, hold 2

- 1-4. 4 steps on the spot, doing a ¼ turn to the left (r - l - r - l) (9 o'clock)
- 5-6. Hold 2 beats

Part / Part B (4 wall; starts the 1st time towards 9 o'clock)

B1: Charleston steps 2x

- 1-2 Touch the toe of the right foot at the front - step backwards with the right
- 3-4 Touch the tip of the left foot at the back - step forward with the left
- 5-8. Like 1-4

(Restart for B *: break off here and continue dancing with part A - 6 a.m.)

B2: Locking shuffle forward r + l, jazz box turning ¼ l

- 1 & 2 step forward with right - cross left foot behind right and Step forward with your right
- 3 & 4 step forward with left - cross right foot behind left and Step forward with your left
- 5-6 Cross right foot over left - ¼ turn to the left and step backwards with left (6 o'clock)
- 7-8 step to the right with right - put left foot next to right

(Note: In the last part B the music will be a little slower, adjust)

Day / bridge (starts towards 12 o'clock)

Hold 8

[1-8] Hold 8 beats (until music starts again)

Ending (starts in the direction of 12 o'clock)

Jump forward 2

- 1 & 2 small jumps forward with both feet, weight at the end on the left

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