

# Hop-A-Lot (霍普洛特) (zh)

COPPER KNOB  
STEPSHEETS

Count: 38

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Oliver Neundorf (DE) - 2021年01月

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

注：舞蹈从歌的使用开始

顺序：AB、AB、A\*、BB、B\*、AB、标记、A\*\* A\*\*，结束

## 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

### 部件/部件A (4壁)

答1:跳前2, 摇椅, 换球

1-2 2个双脚向前小跳跃, 左端重量

向前3-4步, 右 — 左脚重

向右向后5-6步 — 重量返回左脚

7和8踢右脚向前 — 左和右脚旁边

在现场左步

### 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)

### A2:跳前2, 摇椅, 换球

1-8.类似步骤序列A1

(A\*的标记/重新启动: 停在这里, 保持2拍, 继续与B部分跳舞 — 中午12点)

(A\*\*的标记/重新启动: 取消此处, 然后继续按照顺序跳舞 — 中午12点)

### 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

### A3:已到位步骤, 转1/4升, 保持2

1-4.当场走4步, 向左转1/4

(r - l - r - l) (9点)

5-6, 保持2拍

## 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 o'clock)

### 部/部B(4墙; 从第1次开始到9点)

B1:查尔斯顿步行2x

1-2触摸前部右脚的脚趾 — 向右向后步

3-4触摸左脚的后端 — 向前，向左

5-8,1-4

(B的重新启动\*:在这里休息，继续用A部分跳舞)

**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)

**B2:锁定洗牌前移r + l，爵士乐盒翻转1/4升**

向前1步和2步，右 — 左脚向右，右脚向左  
向右走

向前3步和4步左 — 左后右交叉

用左脚向前一步

5-6左右脚侧 — 左转1/4，步骤

左向后（6点）

向右7-8步，右 — 左脚靠右

(注：在B部分，音乐会慢一点，调整)

**Tag / 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

**标记/桥（从12点开始）**

保持8

[1-8]保持8个节拍（直到音乐再次开始）

结束（从12点开始）

跳前2

双脚向前1和2个小跳跃，左端重量

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