

Hitch And Hop

Count: 32

Wand: 0

Ebene:

Choreograf/in: Pepper Siquieros (USA)

Musik: Hot Rod Heart - John Fogerty



STEP RIGHT HITCH LEFT, STEP LEFT HITCH RIGHT, STEP RIGHT HITCH LEFT, STEP LEFT HITCH RIGHT

- 1 Step forward onto right foot
- 2 Hitch left knee up and clap
- 3 Step forward onto left foot
- 4 Hitch right knee up and clap
- 5 Step forward onto right foot
- 6 Hitch left knee up and clap
- 7 Step forward onto left foot
- 8 Hitch right knee up and clap

Variation: make ¼ turns to the right as you step forward on steps 1,3,5 and 7.

MOVING RIGHT-STEP RIGHT, SLIDE LEFT, STEP RIGHT, TOUCH LEFT

- 9 Step to right onto right foot
- 10 Slide left foot next to right
- 11 Step to right onto right foot
- 12 Touch left foot next to right

TURN ½ RIGHT, MOVING LEFT-STEP LEFT, SLIDE RIGHT, STEP LEFT, TOUCH RIGHT

- 13 Turn ½ to right and step to left onto left foot
- 14 Slide right foot next to left
- 15 Step to left onto left foot
- 16 Touch right foot next to left

HOP FORWARD, SLAP THIGHS, HOP BACKWARDS, CLAP CLAP

- 17 Hop forward onto both feet
- 18 Slap both thighs with both hands
- 19& Hop backwards onto both feet, clap hands
- 20 Clap hands

RIGHT HEEL OUT, LEFT HEEL OUT, RIGHT HEEL OUT, LEFT HEEL OUT

- 21& Turn right heel out, turn right heel in
- 22& Turn left heel out, turn left heel in
- 23& Turn right heel out, turn right heel in
- 24& Turn left heel out, turn left heel in

RIGHT HEEL TAP FORWARD TWICE, RIGHT TOE TAP BACK TWICE

- 25-26 Tap right heel forward twice
- 27-28 Tap right toe back twice

RIGHT HEEL FORWARD, TOE BACK, HEEL FORWARD, TOE BACK

- 29 Put right heel forward
- 30 Point right toe backwards
- 31 Put right heel forward
- 32 Point right toe backwards

REPEAT

