# Hop On Hop Off



Compte: 64 Mur: 2 Niveau: Phrased Intermediate

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2017

Musique: Hop on Hop Off - Goodluck



Phrasing: A-A-A-B-B-A-A-B-B-A

Intro: 16 counts

# Part A: 32 counts

## A1: Weight Starts Left - Shoulder Dips, Samba Step x 2

1&2 Gradually lean upper body to R as you Dip R shoulder and transfer weight to R (1) Dip L

shoulder (&) Dip R shoulder (2)

3&4 Gradually straighten up as you Dip L shoulder and transfer weight to L (3) Dip R shoulder (&)

Dip L shoulder (4)

5&6 Step R forward (slightly across L) (5) Rock ball of L to L (&) Recover weight on R (6) 7&8 Step L forward (slightly across R) (7) Rock ball of R to R (&) Recover weight on L (8)

Styling: Hips can be added while doing the shoulder dips.

## A2: 1/2 L Turn C Bump, L Coaster Step, Swivel Walks

1&2 Touch R to R side while turning 1/4 L bumping hip to upper R (1) Bump hips to L (&) Turn 1/4

L bumping hips to R taking weight back on R (2) 6:00

3&4 Step back on L (3) Step R next to L (&) Step L forward (4) 5,6 Take small step forward on R (5) Step L next to R (6)

7&8 Take small step forward on R (7) Quickly step L next to R (&) Take small step forward on R

(8)

# Styling: 1 & 2 is intended to be a ½ smooth turn while executing a C bump.

5-8 can be skated on counts 5,7,8 while 6 and "&" are normal walks. Another alternative is

shorty-George style.

#### A3: Syncopated Rock Ball Steps, Hip Sways with 1/4 R Turn

1,2 &	Rock forward on L ball (1) Recover weight on R (2) Quickly step L next to R (&)
348	Rock forward on R ball (3) Recover weight on R (4) Quickly step R next to I (8)

5,6 Complete 1/8 turn to R by rock-stepping L to L while swaying hips to L (5) Recover weight R

while swaying hips to R (6) 7:30

7,8 Repeat counts 5,6. Complete 1/8 turn to R by rock-stepping L to L while swaying hips to L (7)

Recover weight R while swaying hips to R (8) 9:00

## A4: Cross, Side, ¼ L Turn Sailor Step, Charleston

1,2 Cross L over R (1) Step R to R (2)

3,4 Step L foot behind R (3) Step ball of R next to L (&) Turn ½ L, stepping L forward (4) 6:00

#### Charleston Using ball of feet:

5 Touch R forward twisting both R and L heels inward (5)

& Twist both R and L heels outward (&)

6 Step R back, twisting both R and L heels inward (6)

& Twist both R and L heels outward (&)

7 Step L back, twisting both R & L heels inward (7)

& Twist both R and L heels outward (&)

8 Step L forward, twisting both R and L heels inward (8)

& Twist both R and L heels outward (&)

Alternatively, with as much bounce in each step, using full beats. 5-8. Touch R forward, Step R back, Touch L back, Step L forward.

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PARI	В.	32	counts	

5&6

NOTE: The first time you start B, you are facing the original 6:00 wall. Assume time queues restart at 12:00 for script below.

## B1: R Lunge, Hold, Ball R Lunge x 2, 1/2 Turn Sailor with a Kick, Ball, Dip, Step

1,2	Lunge R forward opening arms so R arm is to the lower right diagonal and L arm is to the
	upper L diagonal (1) Hold (2)
&3&4	Quickly step ball of L next to R while folding arms inward towards chest (&) Lunge R forward
	opening arms so R arm is lower right diagonal and L arm is upper L diagonal (3), Quickly
	step on L ball while folding arms inward towards chest (&), Lunge R forward opening arms so
	P arm is lower right diagonal and L arm is upper L diagonal (4) 12:00

R arm is lower right diagonal and L arm is upper L diagonal (4) 12:00 Cross L behind R turning ¼ L (5) 9:00, Step R back turning ¼ L 6:00 (&), Kick L foot forward

(6)

&7,8 Step on ball of L next to R (&), Step R forward turning R toes diagonally R while dipping body

down toward R (7), Step forward on L while squaring and lifting body (8)

# B2: Walk R, ¼ L Jazz Triangle, Cross Step R Behind L, ¼ L Turn, Side Step R, Cross L Over R

1,2	Step forward on R (1), Cross L over R (2)
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- 3,4 Step R back (3), Turn 1/4 L and step L to L (4) 3:00
- 5,6 Cross R behind L (5), Turn ¼ L and step L forward (6) 12:00
- 7,8 Step R to R (7), Cross L over R (8)

#### B3: R Kick, Kick, Behind Side Cross, L Kick, Kick, Behind Side Step Forward

1.2	Kick R forward to right diagonal (1), Kick R forward to right diagonal (	2)
1,∠	Nick is followed to right diagonal (1), Nick is followed to right diagonal (	į

- 3&4 Step R behind L (3), Step L to L side (&), Cross R over L (4)
- 5,6 Kick L forward to left diagonal (5), Kick L forward to left diagonal (6)
  7&8 Step L behind R (7), Step R to R side (&), Step L slightly forward (8)

## B4: Snap & R Kick Ball Change x 2, Step ½ turn L, Full Turn L

1&2	Extend arms down to side with a snap while you Kick R forward (1) Quickly step on ball of R
	for the life is a self-or a series of the self-or a life of the self-of the se

foot while bending arms up keeping elbows close to body (&) Step forward on L (2)

Extend arms down to side with a snap while you Kick R forward (3) Quickly step on ball of R foot while bending arms up keeping elbows close to body (&) Step forward on L (4)

5,6 Step forward on R (5) turn 1/2 L taking weight on L foot (6)

7,8 Turn ½ L stepping back on R (7) Turn ½ L stepping forward on L (8) 12:00

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