

# Hop On Hop Off

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Phrased Intermediate  
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音乐: Hop on Hop Off - Goodluck



Phrasing: A-A-A-B-B-A-A-B-B-A-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: ½ L Turn C Bump, L Coaster Step, Swivel Walks

- 1&2      Touch R to R side while turning ¼ L bumping hip to upper R (1) Bump hips to L (&) Turn ¼ 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 ¼ R Turn

- 1,2 &      Rock forward on L ball (1) Recover weight on R (2) Quickly step L next to R (&)  
3,4,&      Rock forward on R ball (3) Recover weight on R (4) Quickly step R next to L (&)  
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 ¼ 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.**

**PART B: 32 counts**

**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 R arm is lower right diagonal and L arm is upper L diagonal (4) 12:00
- 5&6 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)
- 3,4 Step R back (3), Turn ¼ 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)
- 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 foot while bending arms up keeping elbows close to body (&) Step forward on L (2)
- 3&4 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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