

The Martian Hop!!!

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Val Saari (CAN) - July 2018
音乐: The Martian Hop - The Ran-Dells : (iTunes)



HIP BUMPS X 4 (RRLL), HEEL SWITCHES X 2 (RL),

1-2 Thrust hips right twice
3-4 Thrust hips left twice
5-6 Touch R Heel forward on floor, Step RF beside L
7-8 Touch L Heel forward on floor, Step LF beside R

SIDE TOGETHER TO THE RIGHT, HITCH, SIDE TOGETHER TO THE LEFT, 1/4 PIVOT L, HITCH

1-4 Step RF right, Step LF together, Step RF right, HITCH LF
5-8 Step LF left, Step RF together, Step LF 1/4 pivot left, HITCH RF

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

WALK FORWARD R,L,R, HITCH L, WALK BACK L,R,L, TOUCH R

1-2 Walk forward, R, L
3-4 Walk forward RF, Hitch LF beside right
5-6 Step back, L, R
7-8 Step back L, Touch RF beside L

Note: begin on the word "I", it's a fairly long intro so you may want to improvise some "robotic" moves....be creative and smile!!!

You may also want to put a heel bounce on the hitches to make it more like a "hop"...

REPEAT - No Tags, No Restarts

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