

Pop

拍数: 32 墙数: 0 级数:
编舞者: Judy McDonald (CAN)
音乐: Pop - *NSYNC



RIGHT TOUCH, RIGHT STEP, LEFT TOUCH, LEFT STEP, RIGHT TOUCH, SIT

1&2 Touch right to side, step right beside left, touch left to side
&3-4 Step left beside right, touch right to side, angle body diagonal right and bend knees in a "sit" position keeping weight on left

Use some funky body styling here

STRAIGHTEN, SIT, RIGHT STEP, LEFT TOUCH, BODY ROLL WEIGHT TO LEFT

5 Straighten up and face front again keeping weight on left
6&7 Go back to the "sit" position keeping weight on left and angling body again, straighten up and step right beside left keeping body angled, touch left to side keeping body angled
8 Body roll weight onto left-because your body is angled this will have the appearance of a back body roll

If you don't want to do a body roll you can just shift your weight onto your left but keep feet about shoulder width apart

SHOULDER ISOLATIONS RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT

1& Face front and shift shoulders right, shift shoulders left
2& Shift shoulders right, shift shoulders left
3& Shift shoulders right, shift shoulders left
4& Shift shoulders right, shift shoulders left

Make a letter "C" when you do this by going up on count 1, down on 2, up on 3 down on 4. Don't forget to bend your knees!

PUSH HIPS FRONT, SIDE, BACK, SIDE

5-8 Push hips forward, push hips left, push hips back, push hips right

RIGHT TRIPLE 1/8 TURN, LEFT STEP, SIT

1&2 Step right to side, step left beside right, step right to side
Turn your body 1/8 turn right while you do this triple, so you're facing the corner
3-5 Step left beside right, bend knees and "sit"

Use some funky body action here as well

RIGHT KNEE POP, LEFT KNEE POP, RIGHT KNEE ROLL 1/8 TURN

5-6 Straighten left knee and bend right knee, straighten right knee and bend left knee
7-8 Straighten left knee and roll right knee to the right making 1/8 turn right

You are now facing right of starting wall with weight on left

RIGHT KNEE ROLL STEP, LEFT KNEE ROLL STEP

1-2 Touch right forward and roll knee to the right two times ending with weight on right
3-4 Touch left forward and roll knee to the left two times ending with weight on left

This can just be done as touch steps if you have knee problems

RIGHT KICK, RIGHT STEP, LEFT STEP, HOLD, RIGHT TOUCH

5-6& Kick right forward, step right to side, step left to side

Feet are shoulder width apart

7-8 Hold, touch right beside left and tip head to left ear to shoulder

This count may feel odd, but go with the heavy beats in the chorus

REPEAT

SEQUENCE

There are more than four versions of this song. On the Canadian CD single, use track 1, which is the "breakdown" version. On the US CD single, use the "radio version" (track 2) or "album version" (track 1). On the UK CD single, use the "radio version" (track 1). As far as I know, there is only one version on the album

"BREAKDOWN" VERSION

Track 1 on the Canadian CD single; "radio version" on the US & UK CD single

TAG 1

This is done in both versions. After the 3rd time you do the dance (you will be facing left of the front wall), there are an extra 16 counts. Repeat the last 16 counts of the dance. This will turn you to face the front wall to start the dance again after those 16 counts

TAG 2

"Breakdown" version-track 1 on the Canadian CD single; "radio version" on the US & UK CD single

The next time you get to that same wall (left of the front wall) there is a break in the music for 8 counts. You will hear him say "man, i'm tired of singing." just act cool, like you've finished dancing, face the front wall and then start the dance again. You will do the dance once, and then there will be an extra 4 counts as follows:
RIGHT TOUCH TO SIDE, RIGHT TOUCH BESIDE LEFT, RIGHT TOUCH TO SIDE, RIGHT TOUCH BESIDE LEFT

1-2 Touch right to side, touch right beside left and tip head to left

3-4 Repeat these two counts

You will be facing right of the front wall for these 4 counts

After these four counts, repeat tag 1 (in other words, repeat the last 16 counts of the dance). This will bring you to face the back wall where you will start the dance again. You will do the dance two more times and finish facing the front wall

"ALBUM VERSION"

This is the version on the full CD, and also track 1 on the US CD single

TAG 1

This is done in both versions. After the 3rd time you do the dance (you will be facing left of the front wall), there are an extra 16 counts. Repeat the last 16 counts of the dance. This will turn you to face the front wall to start the dance again after those 16 counts

TAG 2

"album version"-on the full CD and track 1 on the US CD single

The next time you get to that same wall (left of the front wall) there is a break in the music for 12 counts. You will hear him say "Man, I'm tired of singing." Just act cool, like you've finished dancing, face the front wall and then start the dance again. You will do the dance two more times, and then there will be an extra 4 counts as follows:

RIGHT TOUCH TO SIDE, RIGHT TOUCH BESIDE LEFT, RIGHT TOUCH TO SIDE, RIGHT TOUCH BESIDE LEFT

1-2 Touch right to side, touch right beside left and tip head to left

3-4 Repeat these two counts

You will be facing the back for these 4 counts

You will do the dance three more times after this, and finish facing right of the front wall.
