

Hop-Picking

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Are You Jimmy Ray? - Jimmy Ray



RUNNING MAN STEPS

- 1& Step forward on right foot and scoot back on right, hitching left knee
- 2& Step forward on left foot and scoot back on left, hitching right knee
- 3& Step forward on right foot and scoot back on right, hitching left knee
- 4& Step forward on left foot and scoot back on left, hitching right knee

HIP SWAYS

- 5 Rock forward on right foot, swaying right hip forward
- 6 Rock back onto left foot, swaying left hip backward
- 7 Rock forward on right foot, swaying right hip forward
- 8 Rock back onto left foot, swaying left hip backward

WINDOW WASHER STEPS

- 9 Step back and twist body diagonally right on right foot
- 10 Step back and twist body diagonally left on left foot
- 11 Step back and twist body diagonally right on right foot
- 12 Step on left foot and clap hands over right shoulder

HITCH-SIDE-SLIDE & SWIVEL

- &13 Hitch left knee and hop to left side on right foot, step onto left foot
- 14 Slide right foot beside left foot
- 15 Step left foot in place
- &16 Swivel both heels to left, return to center
- &17 Hitch right knee and hop to right side on left foot, step onto right foot
- 18 Slide left foot beside right foot
- 19 Step right foot in place
- &20 Swivel both heels to right, return to center

ELECTRIC KICKS

- 21& Jump right foot over left foot, rock back onto left foot
- 22& Jump back onto right foot kicking left foot forward, return left foot
- 23& Jump right foot over left foot, rock back onto left foot
- 24& Jump back onto right foot kicking left foot forward, return left foot

CHUGS TO HALF-TURN LEFT

- 25-27 Keeping weight on left foot, push off 3 times on right toes, gradually turning half a turn left
- 28 Step onto right foot

KICK-BALL-CHANGE, SCUFF & TURN

- 29 Kick left foot forward
- & Step back on ball of left foot
- 3- Step back on right foot
- &31 Step forward on left foot, scuff right foot
- 32 ¼ turn left, step onto right foot
- 33 Kick left foot forward
- & Step back on ball of left foot

- 34 Step back on right foot
&35 Step forward on left foot, scuff right foot
36 ¼ turn left, step onto right foot

HITCH, STEP FORWARD, SCUFF, SPIN ¾ RIGHT

- &37 Hitch left knee and scoot forward on right foot, step onto left foot
38 Step right foot beside left foot
39 Scuff left foot spinning ¾ turn right
40 Step onto left foot

REPEAT
