

Hoppin' Poppin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate hip hop
编舞者: Chad Manson (UK)
音乐: C'mon Get It On - Studio B



WALK X4, UPPER BODY ISOLATION

1-2 Step right forward, step left forward
3-4 Step right forward, step left to left (shoulder width apart)
5-8 Isolate upper body (only!) Right left, right left

Easy option: bump hips right, left, right, left

RIGHT SAILOR, LEFT SAILOR ¼ LEFT, HEEL SWITCHES, HEEL HITCH SIDE

1&2 Cross right behind left, step left to left, step right to right
3&4 Cross left behind right, ¼ turn left step right to right, step left forward
5&6& Touch right heel forward, replace beside left, touch left heel forward, replace beside right
7&8 Touch right heel forward, hitch right knee, step right to right

CROSS POINT, CROSS, ¼ RIGHT, ¼ RIGHT HITCH, SIDE, HEEL JACK, & CROSS

1-2 Cross left behind right, point right to right
3&4 Cross right over left, ¼ turn right step back left, hitch right knee making a ¼ turn right
5 Step right to right
6&7 Cross left behind right, step right to right, touch left heel forward diagonally left
&8 Step left to left, cross right over left

SIDE, HEEL JACK, & FORWARD, KICK OUT OUT, BODY ROLL TO LEFT

1 Step left to left
2&3 Cross right behind left, step left to left, touch right heel forward diagonally right
&4 Replace right beside left, step left forward
5&6 Kick right forward, step right to right, step left to left
7-8 Body roll to left (weight end on left)

REPEAT
