

Hop

拍数: 48 墙数: 2 级数: Phrased High Intermediate
编舞者: Arefen Ben Djunaed (INA) - March 2014
音乐: Hop by Aziz



Sequence: A – B – A – A – A – B – A – A – A – B
Start Dancing on lyric

A - 16 counts

I. Rocking Chair, Sweapping, Behind, Side, Cross, (Hitch, Cross Shuffle) 2x

1&2 Rock R forward – Recover on L – Step R back swipping ronde L to back
3&4& Step L behind R – Step R to side – Cross L over R – Hitch R diagonally
5&6& Cross R over L – Step L to side – Cross R over L – Hitch L diagonally
7&8 Cross L over R – Step R to side – Cross L over R

II. Scissor, Turn Stepping 2x, Step Forward 3x, Step Side – Half Hip Roll Bounces

1&2 Step R to side – Step L next to R – Cross R over L
3&4 Turn ¼ right stepping L back – Turn ¼ right stepping R to side – Step L forward
5-6 Step R forward – Step L forward
7&8 Step L to side rolling hip with bounce from right – front – left (weight on L)

B - 32 counts

I. Step Side, Cross Jump Hitching Figure 4, Step Back, Step Side, Cross Rock Recover, Back Rock Recover, Jump Forward Hitching Figure 4, Step Forward, Rock Recover, Step Back

&1 Step R side – Cross jump L over R, hitching R figure 4
2&3& Step R back – Step L to side – Rock R over L – Recover on L
4&5 Rock R back – Recover on L – Jump R forward hitching L figure 4
6-7&8 Step L forward – Rock R forward – Recover on L – Step R back

II. Step Back, Jump Back Kicking, Step Forward, Samba Whisks, Lock Shuffle, Jazz Box Turn

&1-2 Step L back – Jump R back kicking slightly L forward (foot face forward) – Step L forward
3a4 Step R long side – Ball L behind R – Step R in place
5a6 Turn ¼ left stepping L forward – Ball R behind L – Step L forward
7&8 Cross R over L – Turn ¼ right stepping L back – Step R to side

III. Cross Jump Hitching Figure 4, Step Back, Step Side, Cross Rock Recover, Back Rock Recover, Jump Forward Hitching Figure 4, Step Forward, Rock Recover, Step Back

1 Cross jump L over R, hitching R figure 4
2&3& Step R back – Step L to side – Rock R over L – Recover on L
4&5 Rock R back – Recover on L – Jump R forward hitching L figure 4
6-7&8 Step L forward – Rock R forward – Recover on L – Step R back

IV. Step Back, Jump Back Kicking, Step Forward, Samba Whisks, Lock Shuffle, Jazz Box Turn, Touch

&1-2 Step L back – Jump R back kicking slightly L forward (foot face forward) – Step L forward
3a4 Step R long side – Ball L behind R – Step R in place
5a6 Turn ¼ left stepping L forward – Ball R behind L – Step L forward
7&8 Cross R over L – Turn ¼ right stepping L back – Step R beside L

No Tag! - No Restart! - No Ending!

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Last Update - 5th April 2014

