

At The Hop

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Sally Hung (TW) - August 2015
音樂: At the Hop - Danny & The Juniors



Sequence Of Dance: No Tag, No Restart
Intro: 40 Counts From The Vocal "Ba"

S1. TWIST TO THE R, TWIST TO THE L

1,2,3,4 Step R to the R with body twisting from central to the R (weight to R)
5,6,7,8 Twist body to the L (weight to L)

S2. ¼ TURN L TWIST TO THE R, TWIST TO THE L

1,2,3,4 Make a ¼ turn L stepping R to the R with body twisting from central to the R (weight to R)
5,6,7,8 Twist body the the L (weight to L)

S3. STEP, LOCK, STEP, ½ TURN R HITCH, BACK, LOCK, BACK, HITCH

1,2,3,4 Step fwd on R, lock L behind R, step fwd on R, ½ turn R hitch L
5,6,7,8 Step back on L, lock R behind L, step back on L, hitch R

S4. BACK ROCK RECOVER, SIDE ROCK RECOVER, JAZZ BOX

1,2,3,4 Rock back on R, recover onto L, rock R to R side, recover onto L
5,6,7,8 Cross step R over L, step back on L, step R to side, step fwd on L

S5. SIDE TOGETHER SIDE KICK, SIDE TOGETHER SIDE KICK

1,2,3,4 Step R to R side, step L next to R, step R to R, kick L
5,6,7,8 Step L toL side, step R next to L, step L to L, kick R

S6. SIDE KICK, SIDE KICK, SWIVEL HEELS X4

1,2,3,4 Stomp R, kick L, stomp L, kick R
5,6,7,8 Swivel both heels R, L, R, L (weight to L)

Happy Dancing!

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