

# The Bop

拍數: 32      牆數: 4      級數: Improver  
編舞者: Christine Steindl (AUT) - July 2016  
音樂: Bop - Ms. Jody



Intro: 32 cts

**[1-8] Kick Ball Point R, Hip-Bumps L, R, 1/4 Hip-Bump Turn R, Sweep Back Locking Triples R, L**

1&2      (1) kick R forward, (&) step R next to left, (2) point L forward  
3&4      (3) bump hips L forward, (&) bump hips R back, (4) make 1/4 Turn R as you bump hips L - 3:00  
5&6      (5) sweep R as you step back R, (&) cross L over right, (6) step back R  
7&8      (7) sweep L as you step back L, (&) cross R over left, (8) step back L

**[9-16] Touch Back R, Unwind 1/2 Turn R, Side-Rocks L, R, L**

1-2      (1) point R back, (2) make 1/2 Turn R - 9:00  
3-4&      (3) rock L to left, (4) recover on R, (&) step L next to right  
5-6&      (5) rock R to right, (6) recover on L, (&) step R next to left  
7,8      (7) rock L to left, (8) recover on R

**[17-24] 1/4 Sailor Turn L, Toe Struts with Hip Bumps R, (Turning) Toe Struts with Hip Bumps L, R**

1&2      (1) cross L behind right, (&) make 1/4 Turn L as you step R to right, (2) step L forward - 6:00  
3&4      (3) touch ball of R forward as you bump hips forward, (&) bump hips back, (4) drop R heel as you bump hips forward  
5&6      (5) touch ball of L forward as you bump hips forward, (&) bump hips back, (6) drop L heel as you bump hips forward  
7&8      (7) touch ball of R forward as you bump hips forward, (&) bump hips back, (8) drop R heel as you bump hips forward

**Turning option:-**

5&6      (5) touch ball of L forward as you bump hips forward, (&) bump hips back, (6) drop L heel as you make 1/2 Turn R - 12:00  
7&8      (7) touch ball of R back as you bump hips back, (&) bump hips forward, (8) drop R heel as you make 1/2 Turn R - 6:00

**[25-32] Jazz Box L, Jazz Box L with 1/4 Turn L Triple Step**

1,2,3,4      (1) cross L in front of right, (2) step R back, (3) step L to left, (4) step R forward  
5,6      (5) cross L in front of right, (6) step R back  
7&8      (7) make 1/4 Turn L as you step L to left, (&) step R next to left, (8) step L to left - 3:00

Repeat and have fun

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