

# The Martian Hop!!!

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Val Saari (CAN) - July 2018  
音樂: The Martian Hop - The Ran-Dells : (iTunes)



## HIP BUMPS X 4 (RRLL), HEEL SWITCHES X 2 (RL),

1-2      Thrust hips right twice  
3-4      Thrust hips left twice  
5-6      Touch R Heel forward on floor, Step RF beside L  
7-8      Touch L Heel forward on floor, Step LF beside R

## SIDE TOGETHER TO THE RIGHT, HITCH, SIDE TOGETHER TO THE LEFT, 1/4 PIVOT L, HITCH

1-4      Step RF right, Step LF together, Step RF right, HITCH LF  
5-8      Step LF left, Step RF together, Step LF 1/4 pivot left, HITCH RF

## RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2      Rock RF forward, Recover LF  
3&4      Rock RF back, Recover LF, Step RF beside left  
5-6      Rock LF forward, Recover RF  
7&8      Rock LF back, Recover RF, Step LF beside right

## WALK FORWARD R,L,R, HITCH L, WALK BACK L,R,L, TOUCH R

1-2      Walk forward, R, L  
3-4      Walk forward RF, Hitch LF beside right  
5-6      Step back, L, R  
7-8      Step back L, Touch RF beside L

**Note: begin on the word "I", it's a fairly long intro so you may want to improvise some "robotic" moves....be creative and smile!!!**

**You may also want to put a heel bounce on the hitches to make it more like a "hop"...**

**REPEAT - No Tags, No Restarts**

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