

Hop-A-Lot (霍普洛特) (zh)

COPPER KNOB
STEPSHEETS

拍數: 38 牆數: 4 級數: Phrased Intermediate
編舞者: Oliver Neundorf (DE) - 2021年01月
音樂: Hop-A-Lot - James Carothers



Note: The dance begins with the use of the song
Sequence: AB, AB, A *, BB, B *, AB, Tag, A ** A **, Ending

注: 舞蹈从歌的使用开始
顺序: AB、AB、A *、BB、B *、AB、标记、A ** A **, 结束

Part / Part A (4 wall)

A1: Jump forward 2, rocking chair, kick-ball-change

1-2 2 small jumps forward with both feet, weight at the end on the left
3-4 step forward with right - weight back on left foot
5-6 step backwards with the right - weight back on the left foot
7 & 8 Kick right foot forward - put right foot next to left and Step left on the spot

部件/部件A (4壁)

答1:跳前2, 摇椅, 换球

1-2 2个双脚向前小跳跃, 左端重量
向前3-4步, 右 — 左脚重
向右向后5-6步 — 重量返回左脚
7和8踢右脚向前 — 左和右脚旁边
在现场左步

A2: Jump forward 2, rocking chair, kick-ball-change

1-8 Like step sequence A1

(Tag / restart for A *: stop here, hold 2 beats and continue dancing with part B - 12 noon)

(Tag / restart for A **: cancel here and continue dancing according to the sequence - 12 noon)

A2:跳前2, 摇椅, 换球

1-8.类似步骤序列A1

(A *的标记/重新启动: 停在这里, 保持2拍, 继续与B部分跳舞 — 中午12点)

(A **的标记/重新启动: 取消此处, 然后继续按照顺序跳舞 — 中午12点)

A3: Steps in place turning ¼ l, hold 2

1-4 4 steps on the spot, doing a ¼ turn to the left (r - l - r - l) (9 o'clock)
5-6 Hold 2 beats

A3:已到位步骤, 转1/4升, 保持2

1-4.当场走4步, 向左转1/4

(r - l - r - l) (9点)

5-6, 保持2拍

Part / Part B (4 wall; starts the 1st time towards 9 o'clock)

B1: Charleston steps 2x

1-2 Touch the toe of the right foot at the front - step backwards with the right
3-4 Touch the tip of the left foot at the back - step forward with the left
5-8. Like 1-4

(Restart for B *: break off here and continue dancing with part A - 6 o'clock)

部/部B(4墙; 从第1次开始到9点)

B1:查尔斯顿步行2x

1-2触摸前部右脚的脚趾 — 向右向后步

3-4触摸左脚的后端 — 向前，向左

5-8,1-4

(B的重新启动*:在这里休息，继续用A部分跳舞)

B2: Locking shuffle forward r + l, jazz box turning ¼ l

1 & 2 step forward with right - cross left foot behind right and Step forward with your right

3 & 4 step forward with left - cross right foot behind left and Step forward with your left

5-6 Cross right foot over left - ¼ turn to the left and step backwards with left (6 o'clock)

7-8 step to the right with right - put left foot next to right

(Note: In the last part B the music will be a little slower, adjust)

B2:锁定洗牌前移r + l，爵士乐盒翻转1/4升

向前1步和2步，右 — 左脚向右，右脚向左
向右走

向前3步和4步左 — 左后右交叉

用左脚向前一步

5-6左右脚侧 — 左转1/4，步骤

左向后（6点）

向右7-8步，右 — 左脚靠右

(注：在B部分，音乐会慢一点，调整)

Tag / bridge (starts towards 12 o'clock)

Hold 8

[1-8] Hold 8 beats (until music starts again)

Ending (starts in the direction of 12 o'clock)

Jump forward 2

1 & 2 small jumps forward with both feet, weight at the end on the left

标记/桥（从12点开始）

保持8

[1-8]保持8个节拍（直到音乐再次开始）

结束（从12点开始）

跳前2

双脚向前1和2个小跳跃，左端重量

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