

Hoppin' John

COPPERKNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - 25 November 2021
音樂: Devil You Know - Drew Fish Band
或: Boot Scootin' - Michael Ballew



Alt Music: Boot Scootin' (Michael Ballew) [153 bpm]

Note: Fun dance for two-step music. Count the four beats in a bar as 1&2&. In other words, QQ would be two beats counted as e.g. "1&", and S would be two beats, counted as e.g. "1". Google "Hoppin' John History" for interesting accounts of the history of the name, and recipe by the same name.

No tags or restarts!

Starting Position: Weight on LF facing 12:00 wall.

[1-8&] POINT R, TOGETHER, POINT L, TOGETHER, TOUCH R BACK, TOGETHER, TOUCH L BACK, TOGETHER AND POP R KNEE / SCUFF, STOMP FWD, SWIVEL R HEEL L-R-L-CENTER

- 1& Point R toe to R (1), step RF beside LF (&)
- 2& Point L toe to L (2), step LF beside RF (&)
- 3& Touch R toe back (3), step RF beside LF (&)
- 4& Touch L toe back (4), step LF beside RF and pop R knee FWD (this will lift R heel) (&)
- 5-6 Scuff RF FWD (5), stomp RF FWD (6)
- 7& Swivel R heel L (7), swivel R heel R (&)
- 8& Swivel R heel L (8), swivel R heel to center position (&)

[9-16] HOOK FRONT, STEP, HOOK BACK, STEP, KICK, TOGETHER, KICK, TOGETHER / TOE BACK, TURN ¼ R, KICK, CROSS AND FLICK, TURN ¼ R AND KICK, HOOK, STOMP

- 1& Hook RF across L leg (1), step RF diagonal FWD R (&)
- 2& Hook LF behind R leg (2), step LF diagonal back L (&)
- 3& Kick RF FWD (3), step RF beside LF (&)
- 4& Kick LF FWD (4), step LF beside RF (&)
- 5& Touch R toe back (5), turn ¼ R and transfer weight to RF (&)
- 6& Kick LF diagonal FWD R (6), cross LF (with weight) over RF and flick RF back (&)
- 7&8 Turn ¼ R and kick RF FWD (7), hook RF over L leg (&), stomp RF FWD (8)

[17-24&] TAP TOE BACK, TOGETHER, TAP HEEL FWD, TOGETHER, DOUBLE TOE TAP BACK, TOGETHER / SIDE PRESS, PIVOT ½ R, SIDE PRESS, PIVOT ¼ L, VINE WITH CROSS

- 1& Tap L toe back (1), step LF beside RF (&)
- 2& Tap R heel FWD (2), step RF beside LF (&)
- 3&4 Double tap L toe back (3&), step LF beside RF (4)
- 5& Step RF to R with pressure (5), push off and pivot ½ R on ball of LF (do not step on RF yet) (&)
- 6& Step RF to R with pressure (6), push off and pivot ¼ L on ball of LF (do not step on RF yet) (&)
- 7& Step RF to R (7), cross LF behind RF (&)
- 8& Step RF to R (8), cross LF in front of RF (&)

[25-32] SIDE, TOGETHER, CROSS, TWO QUICK ½ PIVOTS, TWO CROSS HITCHES, TOGETHER, COASTER

- 1 Big step to R on RF (1)
- 2& Drag LF to RF (third position) (2), cross RF over LF (&)
- 3 Turn ¼ L and step LF FWD and pivot another ¼ L on ball of LF (3)
- & Turn ¼ L and step RF back and pivot another ¼ L on ball of RF (&)
- 4 Step L on LF (end with feet shoulder width apart and weight on LF) (4)

Easy variation for counts 3&4: Step LF to L (3), step RF beside LF (&), step LF to L (4)

5& Hitch R knee across L knee (5), point R toe to R (&)

6& Hitch R knee across L knee (6), step RF beside LF (&)

7&8 Coaster step: Step back on LF (7), step RF beside LF (&), step LF FWD (8)

Variation for counts 6-8: Hitch R knee across L knee (6), cross RF over LF (&), slow 360 unwind L (end with L leg crossed over R leg and weight on LF) (7-8).

START OVER

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