

Mo' Pop

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Mikey Tabakian (USA)
音樂: Pop - *NSYNC



WALK, WALK, CROSS, STEP, SWIVEL, SWIVEL, SWIVEL, BEND DOWN, STAND UP

1-2 Step right foot forward, step left foot forward
3 Cross step right foot behind left foot
& Shift weight forward onto left foot
4-6 Swivel to right side, swivel to left side, swivel to right side
7-8 Bend down at the waste, stand up

Natural styling: after you're last swivel to the right you should be in a natural 45 degree angle to your right. From here do your counts 7-8 in this angled position.

HIP BUMPS, KICK, STEP, POINT, ¾ TURN

1&2& Bump hips left, right, left, right
3&4 Bump hips making a ¼ turn left, right, left
You should now be facing ¼ turn left from your original wall
5&6 Kick left foot forward, step slightly back on left foot, point right toe forward
7-8 Make a ¾ turn to your right on your left foot bringing your feet together

Weight should end on your left

KICK, STEP, TOUCH, KICK, STEP, TOUCH, KICK, STEP, TOUCH, KICK, STEP, TOUCH

1&2 Kick right foot forward, step right foot into place, point left toe out to left side
3&4 Kick left foot forward, step left foot into place, point right toe out to right side
5&6 Kick right foot forward, step right foot into place, point left toe out to left side
7&8 Kick left foot forward, step left foot into place, point right toe out to right side

TOE/HITCH, HEEL/TOE, HOLD, TOE/HITCH, HEEL/TOE, TOE/HITCH, HEEL/TOE, SAILOR ¼ TURN, SAILOR STEP

&1-2 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side, hold
&3 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side
&4 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side

To break down the counts above. You are traveling to your right by pivoting on your left leg. Toe, heel, hold, toe, heel, toe, heel...similar to the "Dwight Yoakam"

&1-2 Toe (with a hitch), heel (with a toe point), hold
&3 Toe (with a hitch), heel (with a toe point)
&4 Toe (with a hitch), heel (with a toe point)
5 Right step behind left on ball of foot
& Left step side left on ball of foot
6 Right step into a ¼ turn right
7 Left step behind right on ball of foot
& Right step side right on ball of foot
8 Left step into place

WALK RIGHT, LEFT, RIGHT, LEFT, HEEL FANS OUT, IN, OUT, IN, OUT, IN, OUT, IN

1-4 Walk forward right, left, right, left
&5 Touch right toe forward and fan right heel out, fan right heel in
&6 Fan right heel out, in

- &7 Fan right heel out, in
&8 Fan both heels out, in

STEP, STEP, BEND DOWN, HEAD ROLL, PUSH/STEP, TOGETHER, TOE POINT, PUSH/STEP, STEP, STEP

- &1 Step back on right, step left next to right
2 Bend down at waste making a circle to the left with upper body
3-4 Roll head twice in circular motion to the right (still bending)
5 Push right shoulder forward while stepping left to left side
& Bring shoulders to center while stepping right next to left, taking weight onto right
6 Point left toe to left side
7 Push right shoulder forward stepping left to left
& Bring right foot next to left foot placing weight on right foot while making a ¼ turn right
8 Step forward on left

STEP ½ TURN, ½ TURN, ½ TURN, COASTER STEP, WALK RIGHT, LEFT

- 1-2 Step right foot forward, pivot ½ turn left

Keeping weight on right!

- 3 Make ½ turn left stepping forward on your left foot
& Make ½ turn left stepping right foot in place
4 Step left foot in place
5&6 Step right foot back, step left foot slightly behind right, step right foot forward
7-8 Step left foot forward, step right foot forward

ROCK/PUSH, RECOVER, STEP, ROCK/PUSH, RECOVER, STEP, TOUCH, CROSS BEHIND, 1 ¼ UNWIND

- 1&2 Rock forward on left pushing hips forward, recover back onto right, step left foot next to right pushing hips slightly back
3&4 Rock forward on right pushing hips forward, recover back onto left, step right foot next to left pushing hips slightly back
5-6 Touch left toe to left side, cross step ball of left behind right leg
7-8 Unwind 1 ¼ turn to left

You should now be facing wall ¼ from your line of dance, and weight should transfer to your left foot by count 8

REPEAT

RESTART

When using the song "Pop" by NSync you begin the dance from the beginning after count 40 on the second wall.
