

# Mo' Pop

COPPER KNOB  
STEPSHEETS

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  $\frac{1}{4}$  turn right
- 8 Step forward on left

**STEP  $\frac{1}{2}$  TURN,  $\frac{1}{2}$  TURN,  $\frac{1}{2}$  TURN, COASTER STEP, WALK RIGHT, LEFT**

- 1-2 Step right foot forward, pivot  $\frac{1}{2}$  turn left

**Keeping weight on right!**

- 3 Make  $\frac{1}{2}$  turn left stepping forward on your left foot
- & Make  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  turn to left

**You should now be facing wall  $\frac{1}{4}$  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.

---