

# NG3

拍數: 32      牆數: 4      級數: Beginner hip hop  
編舞者: Cato Larsen (NOR)  
音樂: The Anthem - NG3



## WALK FORWARD, KICK-OUT-OUT, KNEE POPS

1-2      Step forward on right, step forward on left  
3&4      Kick right forward, step right slightly right, step left slightly left  
5-6      Pop right knee in towards left knee, hold  
7&8      Pop right knee out, in, out

**For styling; lean upper body right upon right foot while you are doing the knee-pops**

## ¼ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, SIDE, CROSS ROCK, SIDE

1-2      Turn ¼ turn left and step forward on left, pivot ¼ turn left stepping right to right side  
3&4      Step left behind right, step right slightly right, step left slightly left  
5&6      Step right across of left, recover weight onto left, step right to right side  
7&8      Step left across of right, recover weight onto right, step left to left side

## STEP, LOCK & POP, STEP, LOCK & POP, HITCH & STEP BACK, LUNGE, RECOVER

1      Step forward on right  
2      Pop right knee forward lifting right heel and step left foot under right heel  
3      Step forward on right  
4      Pop right knee forward lifting right heel and step left foot under right heel  
5&6      Tap right toe beside left foot, hitch right knee, step back on right foot  
7-8      Lunge forward onto left foot, recover weight onto right

## HIP HOP JUMPS, TAP, TAP, STEP, KICK-CROSS-BACK, COASTER STEP

1      Pivot ¼ turn left stepping left to left side  
&      Rock (recover) back onto right  
2      Pivot ½ turn right stepping left to left side  
**Do this the hip hop way by jumping on right while turning**  
3&      Tap right toe next to left, tap right toe slightly to right side  
4      Step right further out to right side (take weight)  
5&6      Kick left across of right, step left across of right, step back on right foot  
7&8      Step back on left, step right next to left, step forward on left

**REPEAT**