

# Pop

拍數: 32      牆數: 2      級數: Advanced  
編舞者: Larry Pizzini Jr. (USA)  
音樂: Pop - \*NSYNC



## CROSS, UNWIND, SAILOR SHUFFLE, STEP, STEP, STEP, SCUFF, HITCH, STOMP

- 1 Cross right foot over left foot
- 2 Unwind a full turn to the left
- 3&4 Sailor shuffle left-right-left
- & Step right foot to the right
- 5 Step left foot slightly forward
- 6 Step right foot forward
- 7 Scuff left foot forward
- & Hitch left leg
- 8 Stomp left foot slightly forward

## STEP, ½ TURN BUMP, TRIPLE LOCK STEP, CROSS, UNWIND, STEP, ½ TURN

- 1 Step right foot forward
- 2 Make a ½ turn to the left keeping weight on right foot while bumping right hip
- 3&4 Triple lock step forward left-right-left
- 5 Cross right foot behind left foot
- 6 Unwind ¾ turn to the right
- 7 Step left foot forward
- 8 Pivot ½ turn to the right (weight on right foot)

## ROCK, RECOVER, BEHIND, SIDE, CROSS, STEP, STEP, SLIDE, SHUFFLE

- 1 Rock forward on left foot
- 2 Recover on right foot
- 3 Cross left foot behind right foot
- & Step right foot to the right
- 4 Cross left foot over right foot
- & Step right foot to the right
- 5 Take a large step with left foot to the left
- 6 Drag right foot next to left foot making a ¼ turn to the right (weight on left foot)
- 7&8 Shuffle forward right-left-right

## STEP, ½ TURN, KICK-BALL-STEP, ½ TURN BUMP, STEP, ½ TURN, STEP BACK

- 1 Step left foot forward
- 2 Pivot ½ turn to the right (weight on right foot)
- 3 Kick left foot forward
- & Step down on left foot
- 4 Step right foot forward
- 5 Make ½ turn to the left keeping weight on right foot while bumping right hip
- 6 Step left foot forward
- & Make a ½ turn to the left on left foot
- 7 Step right foot back
- 8 Step left foot back

REPEAT

TAG

**After 3rd repetition**

**The first 12 counts are the same as the first 12 at the beginning**

**CROSS, UNWIND, SAILOR SHUFFLE, STEP, STEP, STEP, SCUFF, HITCH, STOMP**

- 1 Cross right foot over left foot
- 2 Unwind a full turn to the left
- 3&4 Sailor shuffle left-right-left
- & Step right foot to right side
- 5 Step left foot slightly forward
- 6 Step right foot forward
- 7 Scuff left foot forward
- & Hitch left leg
- 8 Stomp left foot slightly forward

**STEP, ½ TURN BUMP, TRIPLE LOCK STEP, STEP, TURN, KICK-BALL-CHANGE**

- 1 Step right foot forward
- 2 Make ½ turn to the left keeping weight on right foot while bumping right hip
- 3&4 Triple lock step forward left-right-left
- 5 Step right foot forward
- & Make a full turn to the left on the right foot
- 6 Step left foot forward
- 7&8 Right kick-ball-change (weight on left foot)

**TAG**

**After the 6th repetition**

- 1-2-3-4 Slow body roll down
- 5-6 Slow body roll up
- 6 Wipe right hand across forehead (like wiping off sweat)
- 7 Flick right hand down to side (like flicking off sweat)

**TAG**

**After the 7th repetition**

**Do the first tag followed by the 4 counts below**

**PADDLE TURNS**

- 1 Make a ¼ turn to the left on left foot while touching right foot to right side
  - 2 Make a ¼ turn to the left on left foot while touching right foot to right side
  - 3 Make a ¼ turn to the left on left foot while touching right foot to right side
  - 4 Make a ¼ turn to the left on left foot while touching right foot to right side (weight on left foot)
-