

Pop

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Pop - *NSYNC



Start with head facing down and turned towards left shoulder

OUT, OUT, BODY ROLL, ¼ TURN LEFT, COASTER STEP, FULL TURN

&1-2 Step out right foot, left foot, shoulder width apart, snap head up to face forward (on count 2)
3-4 Body roll with ¼ turn left (now facing 9:00)
5&6 Left coaster step
7-8 Full turn to the left, stepping forward right, left

TRIPLE STEP, FULL TURN, SWEEP, SAILOR STEP

9&10 Right triple step forward
11-12 Full turn to the right stepping forward left, right
13-14 Sweep left leg ¾ turn to the right step down on left (now facing 6:00)
15&16 Right sailor step

WALK, WALK, BODY ROLL RIGHT, BODY ROLL LEFT, HIP BUMPS WITH SHOULDER POPS

17-18 Walk forward left, right
19-20 Body roll right (angle to left diagonal) end with weight on right foot
21-22 Body roll left (angle body to right diagonal) end with weight on left foot
23-24 Bump hips to right twice while dropping right shoulder and raising left shoulder with each hip bump (end with weight on right foot)

LEFT WEAVE, ¼ TURN, ½ TURN, COASTER STEP

25-28 Step side left foot, right behind left, side on left foot, right foot in front of left
29-32 Step side on left foot ¼ to the left (facing 3:00) still moving forward, step back on right doing ½ turn to the left (facing 9:00) ending with left coaster step

REPEAT
