

Pop (Goes My Heart)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Pepper Siquieros (USA)
音樂: Pop! Goes My Heart - Hugh Grant



STEP FORWARD RIGHT-¼ TURN LEFT ONTO LEFT TWICE; STEP FORWARD-POINT TWICE

1-2 Step right diagonally forward, turn ¼ left (weight to left) (9:00)

Roll hips as you turn a little more than ¼ turn left

3-4 Step right foot forward, turn ¼ left (weight to left) (6:00)

Roll hips as you turn ¼ turn left

5-6 Step right foot across left, touch left to left side

7-8 Step left foot across right, touch right to right side

STEP, ¼ TURN KICK, CROSS SHUFFLE, BOOGIE STEP, RIGHT KICK BALL CROSS TO RIGHT SIDE

1-2 Step right foot forward, turn ¼ right and kick left foot to side (9:00)

Keep weight on right side and kick with toe pointed. Make the turn snappy and punch your right fist straight forward on count 2 when you hear the "whip sound"

3&4 Crossing shuffle stepping left, right, left

Bend both knees and swivel toes of both feet slightly right

5-6 Step right foot to right side

Swivel balls of feet to left to point both toes forward

6 Step left foot next to right

Snap fingers on count 6

Option:

5-6 Step right to right side, cross left over right

7&8 Kick right diagonally forward to right, step right to right side, cross left over right (9:00)

Restart here on 4th wall after counts 1-16 (you will be facing 6:00)

RIGHT SIDE ROCK & CROSS, ¼ TURN, STEP BACK, LEFT BACK COASTER, STEP FORWARD RIGHT, ¼ TURN LEFT

1&2 Rock right to right side, recover to left, cross right over left

3-4 Turn ¼ turn right and step back on left, step back on right (12:00)

5&6 Step back on left, step right next to left, step forward on left

7-8 Step forward on right, turn ¼ turn left (weight to left, 9:00)

CROSS, JAZZ LEAP, RIGHT DIAGONAL LOCK, STEP, TURN ½, LEFT DIAGONAL LOCK FORWARD

1-2 Cross right over left, jump left over right

Arms: on count 1, both arms point to right side. On count 2, right foot points back diagonally behind left and both arms circle to the right and point to the left

3&4 Shuffle forward diagonally right stepping right, left, right

Moving toward 10:30. You can use a locking shuffle if you like

5-6 Step left foot forward, turn ½ right (weight to right)

7&8 Shuffle forward diagonally left stepping left, right, left

Moving toward 4:30. You can use a locking shuffle if you like

REPEAT

ENDING

You will be doing counts 31&32 left diagonal shuffle forward, step forward on right foot and turn ½ left punching right fist forward to face front