

Pop A Top

拍數: 0 牆數: 0 級數:
編舞者: Kelvin Elvidge (USA)
音樂: Pop a Top - Alan Jackson



Sequence: ABC ABC AC ABC. Start 4 counts in from the start of the song.

PART A

CLAP, POP THE TOP

- 1-2 Clap hands (left palm facing up, right facing down), curl right wrist up as if opening a soda can
- 3-4 Lower left hand while bending right elbow, bring both hands to waist level where its comfortable

PART B

RIGHT SHUFFLE FORWARD, ROCK LEFT TO LEFT, LEFT SAILOR, RIGHT SAILOR

- 1&2 Step forward on right foot, step left together, step forward on right foot
- 3-4 Rock left foot to left side, recover weight on right
- 5&6 Step left foot behind right, step right to right, step left to left
- 7&8 Step right foot behind left, step left to left, step right to right

CROSS HEEL DIGS TRAVELING RIGHT, LEFT TOE TOUCHES FORWARD, SIDE BACK, STEP LEFT TO LEFT

- 1-2 Cross step left heel over right and grind heel, step right to right
- 3-4 Cross step left heel over right and grind heel, step right to right
- 5-8 Touch left toes forward, left side, back, step left to left

CROSS HEEL GRINDS TRAVELING LEFT, RIGHT TOE TOUCHES FORWARD, SIDE BACK, STEP RIGHT ON RIGHT DIAGONAL

- 1-2 Cross step right heel over left and grind heel, step left to left
- 3-4 Cross step right heel over left and grind heel, step left to left
- 5-8 Touch right toes forward, right side, back, step right toward right diagonal

CROSS ROCKS LEFT OVER RIGHT, SCUFF RIGHT, CROSS ROCKS RIGHT OVER LEFT, SCUFF LEFT

- 1-2 Cross rock left over right, recover right
- 3-4 Cross rock left over right, scuff right foot
- 5-6 Cross rock right over left on left diagonal, recover left
- 7-8 Cross rock right over left on left diagonal, scuff left

LEFT JAZZ BOX WITH CROSS, STEP LEFT TO LEFT, STEP RIGHT ¼ TO RIGHT

- 1-2 Cross step left foot over right, step back on right foot
- 3-4 Step left foot to left side, cross step right foot over left
- 5-6 Step left foot to left side, step right to right turning ¼ right on left foot

CROSS STEP LEFT OVER RIGHT, SIDE SHUFFLE RIGHT/LEFT/RIGHT, STEP DOWN ON LEFT

- 1 Cross step left foot over right foot
- 2&3 Step right foot to right side, step left together, step right to right
- 4 Step down on left foot

PART C

VINE RIGHT WITH SHUFFLE STEPS, HIP SWINGS LEFT, RIGHT, LEFT, RIGHT

- 1-2 Step right foot to right, step left foot behind right

3&4 Step right foot to right, step left together, step right together
5-8 Swing or sway hips left, right, left, right

VINE LEFT WITH SHUFFLE STEP, SWING HIPS RIGHT, LEFT, RIGHT, LEFT

1-2 Step left foot to left side, cross step right behind left
3&4 Step left to left, step right together, step left together
5-8 Swing or sway hips right, left, right, left

STEP RIGHT FORWARD, TOUCH LEFT AND CLAP, SHUFFLE BACK LEFT/RIGHT/LEFT

1-2 Step right foot forward on right diagonal, touch left foot together and clap
3&4 Step left foot back on left diagonal, step right together step left together

STEP RIGHT BACK ON RIGHT DIAGONAL, TOUCH LEFT TOGETHER AND CLAP SHUFFLE FORWARD LEFT/RIGHT/LEFT

1-2 Step right foot back on right diagonal, touch left together and clap
3&4 Step left forward on left diagonal, step right together, step left together

TURNING JAZZ BOX, TURNING JAZZ BOX

1-2 Cross step right over left, step back on left foot
3-4 Step right foot $\frac{1}{4}$ turn to right, step left together
5-6 Cross step right over left, step back on left foot
7-8 Step right foot $\frac{1}{4}$ turn to right, step left together

REPEAT ABOVE 32 COUNTS

33-64 Repeat the previous 32 counts from start of Part C
