

Sar-Vivor Hop

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG)
音樂: The Sar-Vivor Rap - Gurmit Singh



This dance is dedicated to Doctors, Nurses, Medical people other Hero for fighting SARS and other diseases everyday

SIDE ROCK CROSS*2, KICK STEP TOGETHER, 3 HOP WITH ¼ TURN

1&2 Rock right to right, replace weight back on left, cross right over left
3&4 Rock left to left, replace weight back on right, cross left over right
5&6 Kick right forward, step right back, step left beside right
7&8 Hop 3 times on both feet making a ¼ turn left

9-16 Repeat steps 1-8 (on count 16 weight on right)

LEFT FORWARD SHUFFLE, RIGHT FORWARD SHUFFLE, 4 PADDLES MAKING FULL TURN

17&18 Step left forward, right beside left, step left forward
19&20 Step right forward, left beside right, step right forward
21& Making ¼ turn right hitch left and point left to left
22& Making ¼ turn right hitch left and point left to left
23& Making ¼ turn right hitch left and point left to left
24& Making ¼ turn right hitch left and point left to left

25-32 Repeat steps 17-24& (& is all the points)

CROSS ROCK STEP, WEAWE, ¼ TURN SHUFFLE, 3 HOPS

33&34 Rock left over right, recover weight on right, step left to left
35&36 Cross right over left, step left to left, step right behind left
37&38 Making ¼ turn left step left forward, step right beside left, step left forward
39&40 Hop on both feet make ¼ turn left (weight on right)

41-48 Repeat steps 33-40 (on count 48 weight on left)

KICK AND POINT RIGHT, KICK AND POINT LEFT, SAILORS STEPS WITH ¼ TURN

49&50 Kick right forward, step right beside left, point left to left
51&52 Kick left forward, step left beside right, point right to right
53&54 Rock right behind left, replace weight back to left, step right to right
55&56 Rock left behind right, making ¼ turn step right beside left, step left forward

57-64 Repeat steps 49-56

REPEAT