Top Of The Pops

拍數: 64

級數: Intermediate

編舞者: Pat Stott (UK) & Lizzie Stott (UK)

音樂: Pop Muzak - Mousse T.

CROSS, ROCK, CHASSE TO RIGHT, CROSS, ROCK, CHASSE WITH ¼ TURN LEFT

- 1-2 Cross right over left, recover on left
- 3&4 Step right to right, close left to right, step right to right
- 5-6 Cross left over right, recover on right
- 7&8 Step left to left, close right to left, turn ¼ to left stepping forward on left

STEP FORWARD AND $\frac{1}{2}$ TURNING STRUT, ROCK BACK, RECOVER, 2 PRISSY WALKS, STRUT AND KNEE POP

- 1-2 Step forward on right toe, turn ½ turn left and lower right heel
- 3-4 Rock back on left, recover forward on right
- 5-6 Step left forward and slightly across right, step right forward and slightly across left
- 7-8 Left toe forward knee bent, lower left heel and pop right knee at the same time

Lizzie likes to say "snap, snap"

SYNCOPATED MONTEREY, HITCH, STEP, TAP

- 1-2 Touch right toe to right, hold
- & Weight on left turn ½ to right and close right to left
- 3-4 Touch left toe to left, hold
- & Weight on right turn ½ to left and close left to right
- 5-6 Touch right toe to right, hitch right knee next to left
- 7-8 Step forward on right, tap left toe behind right

BACK LOCK, SWAY, RECOVER, DIAGONAL STEP, LOCK, STEP, LOCK, STEP

- 1&2 Step back on left, lock right over left, step back on left (angle body slightly to left diagonal during lock step to give it style, straighten up at the end of the lock)
- 3-4 Step back on right swaying hips to right (pull the right shoulder back so that the body turns slightly to right diagonal), recover on to left (straighten up)
- 5&6 Touch right toe forward to the right diagonal and bump hips right, left, right (funky style), transfer weight to right as you finish the last bump
- 7&8 Touch left toe forward to the left diagonal and bump hips left, right, left (funky style), transfer weight to left as you finish the last bump

SIDE, TAP, SIDE, TAP, TWIST, ¼ TURN AND KICK, BACK RECOVER

- 1-2 Step right to right, tap left next to right and snap fingers (let body turn slightly to left diagonal on tap)
- 3-4 Step left to left, tap right next to left and snap fingers (let body turn slightly to right diagonal on tap)
- 5-6 Bend knees and twist slightly to left, keeping weight on left, twist ¼ to right and kick right foot forward (straightening up)
- 7-8 Rock back on right, recover forward on left

STEP, LOCK, STEP, LOCK, STEP, ROCK FORWARD, RECOVER, 34 TRIPLE TURN LEFT

- 1-2 Step forward and slightly to right diagonal on right, lock left behind right
- 3&4 Step forward and slightly to right diagonal on right, lock left behind right

STEP FORWARD AND SLIGHTLY TO RIGHT DIAGONAL ON RIGHT

5-6 Rock straight forward on left, recover on right





牆數:4

7&8 Turn ³⁄₄ to left with a triple step (left, right, left)

STEP, SLIDE, STEP, SLIDE, 2 TOE SWITCHES, 2 SIDE SWITCHES MOVING BACK

- 1-2 Large step to right diagonal on right, slide left to right and tap
- 3-4 Large step to left diagonal on left, slide right to left and tap (take arms out to each side on steps forward for more style)
- 5&6& Right toe forward, close right to left, left toe forward, close left to right
- 7& Point right toe to right, step right back and slightly behind left
- 8& Point left toe to left, step back and slightly behind right

STEP BACK, SLIDE, STEP BACK, SLIDE, 2 TOE SWITCHES, POINT, HITCH, POINT

- 1-2 Large step diagonally back on right, slide left to right and tap
- 3-4 Large step diagonally back on left, slide right to left and tap (again take arms out to each side on steps back for more style)
- 5&6& Right toe forward, close right to left, left toe forward, close left to right
- 7&8 Point right toe to right, hitch right knee up and slightly across left knee, point right toe to right

REPEAT

ENDING Cross left over right and slowly turn right until you finish facing front wall