

Hop To It

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Mark Cosenza (USA) & Glen Pospieszny (USA)
音樂: It's Only Love (Dance Mix) - Monte Warden



CROSS KICKS RIGHT, LEFT, STEP RIGHT, HEEL SPLITS, STEP RIGHT, LOCK STEP LEFT TO RIGHT, HEEL SPLITS

1&2 Kick right across left; return, kick left across right
&3 Return, step right forward in front of left
&4 Split both heels out and in
5-6 Step right forward; lock step left behind right
7&8 Step right next to left slightly forward; split both heels out and in

STEP BACK RIGHT, TURN HEAD RIGHT, PIVOT ¼ TO RIGHT, STEP LEFT, TOUCH RIGHT

1-2 Step back right; turn head right
3&4 Pivot ¼ to right on right foot; step down on left, touch right

STEP RIGHT, LEFT CROSSOVER RIGHT, ROCK RIGHT, STEP WIDE LEFT

5-6 Step right side right; step left across right
7&8 Rock right side right; pushing off right foot step side left, step down left, right

JUMPING JACK, SIDE LEFT HITCH TWICE, JUMPING JACK, SIDE RIGHT HITCH

1& Jump both feet out, hitch left knee and jump right in
2& Touch out left side left, hitch left
Easier alternative: side touch without hitch
3& Step left down and touch out right side right, hitch right
4 Touch out right side right

CROSS KICKS RIGHT, LEFT, HEEL RAISE, HOP BACK TWICE

5&6 Kick right across left & return, kick left across right
&7 Return, raise both heels
&8 Take 2 short hops back on balls of both feet

TOUCH RIGHT BACK, HITCH RIGHT, STEP RIGHT, LEFT, RIGHT, TOUCH LEFT BACK, HITCH LEFT, STEP LEFT, RIGHT, LEFT

1-2 Touch right back; hitch right
3&4 Step down on right; forward left, forward right
Style note: facing diagonal left for counts 1-4, move directly forward to wall of dance for counts 3-4 (moving direct to wall as opposed to on a diagonal)
5-6 Touch left back; hitch left
7&8 Step down on left; forward right, forward left
Style note: facing diagonal right for counts 5-8, move directly forward to wall of dance for counts 7-8 (moving direct to wall as opposed to on a diagonal)

STEP RIGHT, PIVOT ½ LEFT, KICK, SWIVEL WITH A ¼ TURN, STEP RIGHT, LEFT, KICK AND SWIVEL WITH A ¼ TURN

1-2 Step right side right; pivot ½ turn (to the left) left on ball of right
3&4 Kick right forward; step down on right and swivel heels left (&) and right (4) turning ¼ left
5-6 Step down right, left
7-8 Kick right forward; step down on right and swivel heels left (&) and right (8) turning ¼ left

STEP RIGHT, CROSS LEFT BEHIND, ROCK RIGHT, CROSS RIGHT OVER LEFT, STEP LEFT NEXT TO RIGHT, CROSS RIGHT BEHIND, ROCK LEFT, STEP RIGHT TOGETHER LEFT

- 1-2 Step right side right; cross left behind right
- 3&4 Rock right side right & step down on left, step right across left
- 5-6 Step left next to right; cross right behind left
- 7&8 Rock left side left & step down on right, step left next to right

REPEAT
