

Hop2it

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Old Time Rock & Roll - Bob Seger



DIAGONAL STEPS: LEFT-RIGHT-LEFT-RIGHT, KICK, TOE BEHIND, STEP, 2X TOUCHES

- 1-2 Step left foot forward diagonally left, turn & step right foot diagonally forward right
3-4 Turn & step left foot forward diagonally left, turn & step right foot diagonally forward right
Styling note: turn and lean back body into each diagonal step
5&6 Kick left foot forward, step left toe behind right foot, step right foot in place
7-8 Touch left heel forward, touch left toe backwards

2X SIDE HOPS, FOOT SWITCH, 2X SIDE HOPS, MODIFIED JAZZ BOX WITH ¼ RIGHT

- 9-10 (Raising left knee) hop left on right foot, repeat
&11 Drop left foot to floor, (raising right knee) hop right on left foot
12 Hop right on left foot

Styling note: hop left-lean body to right, hop right-lean body to left

- 13-14 Cross step right foot over left, step left foot backwards
15-16 Step right foot to right side, step left foot forward-with a ¼ turn right

CROSS SHUFFLE, SIDE STEP, ½ TURN RIGHT, CROSS SHUFFLE, SIDE STEP, ¼ TURN LEFT

- 17&18 Cross step right foot over left, step left foot behind right, cross step right foot over left
19-20 Step left foot to left side, turn ½ right on left foot-stepping right foot to right side
21&22 Cross step left foot over right, step right foot behind left, cross step left foot over right
23-24 Step right foot to right side, turn ¼ left on right foot-stepping backward onto left foot

FORWARD 1 & ¼ TRIPLE STEP RIGHT TURN, 2X CROSS SHUFFLE-SIDE STEP, STEP

- 25&26& (Moving forward) triple step (right, left, right) 1 ¼ turns right, stepping left foot to left side
27&28 Cross step right foot over left, step left foot behind right, cross step right foot over left
29 Step left foot to left side
30&31 Cross step right foot over left, step left foot behind right, cross step right foot over left
&32 Step left foot to left side, step right foot in place

REPEAT

Alternative steps

- 9-10 Shoulder shimmy-stepping left foot to left side over two counts
11-12 Shoulder shimmy-stepping left foot next to right over two counts
25&26 Turning ¼ right on right foot-step left foot to left side, step right foot next to left, step left foot to left side