

# 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