

# Hop, Skip And Jump

拍數: 56  
編舞者: Unknown  
音樂: Unknown

牆數: 4

級數:



## TOE SPLITS, HEEL SPLITS, REPEAT

- 1 With feet together spread toes out
- 2 Return toes together
- 3 Spread heels out
- 4 Return heels together
- 5 Spread toes out
- 6 Return toes together
- 7 Spread heels out
- 8 Return heels together

## HOP, TOUCH, PAUSE, REPEAT THREE TIMES

- &9 Hop right foot forward-right
- & Touch left next to right
- 10 Pause
- &11 Hop left foot forward-left
- & Touch right next to left
- 12 Pause
- &13 Hop right foot forward-right
- & Touch left next to right
- 14 Pause
- &15 Hop left foot forward-left
- & Touch right next to left
- 16 Pause

## GRAPEVINE RIGHT, TOUCH

- 17 Step right foot to right
- 18 Step left foot to right behind left
- 19 Step right foot to right
- 20 Touch left beside right

## GRAPEVINE LEFT WITH ¼ TURN, SCUFF

- 21 Step left foot to left
- 22 Step right foot to left behind left
- 23 Step left foot to left with pivot ¼ turn to left
- 24 Scuff right beside left

## TOE-HEEL CROSS, TOE-HEEL TOUCH, REPEAT

- 25 Cross right over left with toe touch
- 26 Step down on heel
- 27 Touch left toe out to left side
- 28 Step down on heel
- 29 Cross right over left with toe touch
- 30 Step down on heel
- 31 Touch left toe out to left side
- 32 Step down on heel

**KICK, KICK, ROCK BACK, RECOVER**

- 33 Kick right foot forward
- 34 Kick right foot forward
- 35 Rock back on right
- 36 Step forward on left

**TOE TOUCH, PIVOT ½, STEP, STOMPS**

- 37 Touch right toe forward
- 38 Step right forward and pivot ½ turn to left (military turn)
- 39 Step left beside right
- 40 Stomp right then left

**TOE TOUCH, KNEE ROLL, REPEAT THREE TIMES**

- 41 Touch right toe forward
- 42 Roll right knee to right
- 43 Touch left toe forward
- 44 Roll left knee to left
- 45 Touch right toe forward
- 46 Roll right knee to right
- 47 Touch left toe forward
- 48 Roll left knee to left

**KICK, KICK, ¼ TURN, PAUSE, REPEAT**

- 49 Kick right foot forward
- 50 Kick right foot forward
- 51 Step right, then step forward left and pivot ¼ turn to right
- 52 Pause
- 53 Kick left foot forward
- 54 Kick left foot forward
- 55 Step left, then step forward right and pivot ¼ turn to left
- 56 Pause

**REPEAT**

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