

The Hop!

拍數: 32 牆數: 4 級數: Improver
編舞者: Dave Gillett (UK) & Lynne Gillett (UK)
音樂: Runaway - Janet Jackson



HEEL DIG/HOOK/HIP BUMPS

1-2 Touch left heel forward, hook left heel across front of right knee.
3&4 Step left forward & bump hips left, right, left.

HEEL DIG/HOOK/HIP BUMPS

5-6 Touch right heel forward, hook right heel across front of left knee.
7&8 Step right forward & bump hips right, left, right.

VINES/CLAPS/¼ TURN

9-11 Step left to left side, cross right behind left, step left to left side & lean left while facing right.
12 Clap, clap.
13-15 Step right to right side, cross left behind right, step right to right side & lean right while facing left making ¼ turn left.
16 Clap, clap.

HEEL SWITCHES/HOPS

17& Touch left heel forward, step left beside right.
18& Touch right heel forward, step right beside left.
19&20 Step left forward, hop forward twice on left (raise right foot up behind with bent knee).

Or left shuffle forward as an easier option at Suicidal Speed

½ PIVOT TURN/STEP/STOMP/STOMP

21-22 Step right forward ½ pivot turn left on ball of left foot, step left forward.
23&24 Step right forward, stomp left beside right, stomp right beside left.

KICK BALL CHANGES/MAMBO ROCKS

25&26 Kick left foot forward, step left beside right, step right forward.
27&28 Step left, rock right, step left beside right.
29&30 Kick right foot forward, step right beside left, step left forward.
31&32 Step right, rock left, step right beside left.

REPEAT
