

# The Hop!

拍數: 32      牆數: 4      級數: Improver  
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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

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