

# Hoppin' Poppin'

拍數: 32      牆數: 4      級數: Intermediate hip hop  
編舞者: Chad Manson (UK)  
音樂: C'mon Get It On - Studio B



## WALK X4, UPPER BODY ISOLATION

1-2            Step right forward, step left forward  
3-4            Step right forward, step left to left (shoulder width apart)  
5-8            Isolate upper body (only!) Right left, right left

**Easy option: bump hips right, left, right, left**

## RIGHT SAILOR, LEFT SAILOR ¼ LEFT, HEEL SWITCHES, HEEL HITCH SIDE

1&2            Cross right behind left, step left to left, step right to right  
3&4            Cross left behind right, ¼ turn left step right to right, step left forward  
5&6&          Touch right heel forward, replace beside left, touch left heel forward, replace beside right  
7&8            Touch right heel forward, hitch right knee, step right to right

## CROSS POINT, CROSS, ¼ RIGHT, ¼ RIGHT HITCH, SIDE, HEEL JACK, & CROSS

1-2            Cross left behind right, point right to right  
3&4            Cross right over left, ¼ turn right step back left, hitch right knee making a ¼ turn right  
5                Step right to right  
6&7            Cross left behind right, step right to right, touch left heel forward diagonally left  
&8              Step left to left, cross right over left

## SIDE, HEEL JACK, & FORWARD, KICK OUT OUT, BODY ROLL TO LEFT

1                Step left to left  
2&3            Cross right behind left, step left to left, touch right heel forward diagonally right  
&4              Replace right beside left, step left forward  
5&6            Kick right forward, step right to right, step left to left  
7-8            Body roll to left (weight end on left)

**REPEAT**

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